



Vinyasa Flow Yoga

Connecting movement with breath. An eclectic mixture of physical postures, breath, sound and concentration. Instructor will guide participants through a flowing class of postures that will both challenge and inspire.

**Please bring a sticky mat and water. Wear loose, comfortable clothing*

WINTER SESSION 2018

January 10th - March 31st (12 weeks)

Wednesday Evenings 6:00 pm - 7:00pm

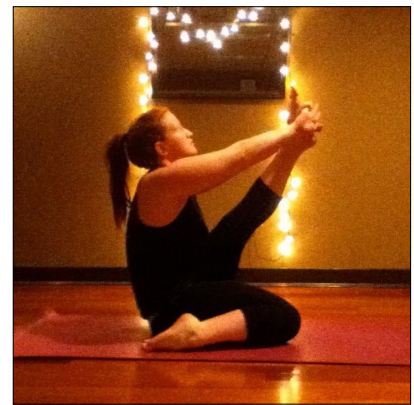
And/Or

Saturday Mornings 8:00 am - 9:00 am

Instructor: Justine Stahl

Location: The Cabin, 600 Lippincott Lane

Fees: One Class per week Option \$75/Resident \$80/Non-Resident
Two Classes per week Option \$150/Resident \$160/Non-Resident



REGISTER NOW FOR YOGA!

Name: _____

Address: _____

Town, State, Zip: _____

Email: _____ Phone #: _____

Please indicate which day(s): _____ WED PM _____ SAT AM Total Enclosed _____

WINTER 2018 - Vinyasa Yoga - Class Code: 141

Please make check payable to:

Borough of Haddon Heights
625 Station Avenue
Haddon Heights, NJ 08035
Attn: Programs

Questions? 856-546-2585 or programcoordinator@haddonhts.com