



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.*

FALL SESSION 2018

October 10th - December 22nd (11 weeks)

Wednesday Evenings 6:00 pm - 7:00pm

And/Or

Saturday Mornings 8:00 am - 9:00 am

Instructor: Justine Stahl

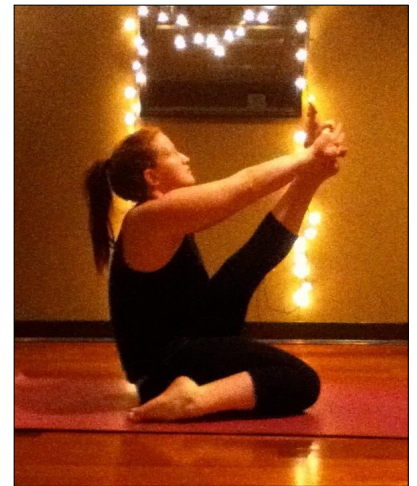
Location: The Cabin, 600 Lippincott Lane

Fees: One Class per week Options:

\$70/Resident \$55/Senior Resident(55+) \$75/Non-Resident

Two Classes per week Options:

\$140/Resident \$110/Senior Resident(55+) \$150/Non-Resident



HADDON HEIGHTS YOGA!

Name: _____

Address: _____

Town, State, Zip: _____

Phone #: _____ Email: _____

Phone Number and E-mail Address are for notification of class changes, cancellations, etc.

Please indicate which day(s): WED PM (6-7pm) SAT AM (8-9am) Total Enclosed _____
55+ Resident Senior Discount

FALL 2018 - VINYASSA YOGA - Class Code: 145

ONLINE REGISTRATION AND CREDIT CARD PAYMENTS NOW AVAILABLE! Information can be found on the Borough's Website at www.haddonhts.com/programs. You can also pay with credit card over the phone by calling the Borough Hall Mon-Fri 9am-5pm at 856-547-7164 ex 3. There will be an additional 2.95% service fee on all credit card payments. Any questions please contact the Program Coordinator at 856-546-2585 or ProgramCoordinator@haddonhts.com.

Checks can be made payable to: Borough of Haddon Heights and mailed or dropped off at the Borough Hall ATTN: Programs, 625 Station Avenue, Haddon Heights, NJ 08035

QUESTIONS? 856-546-2585 or ProgramCoordinator@haddonhts.com