

West Caldwell-Caldwell Recreation

Yoga with Penny Prosperi

Start your morning with a gentle yoga class designed to cultivate strength, flexibility and stress release.

Classes include postures to open the body, breath awareness for vitality and meditation to encourage calmness.

No previous yoga experience is needed.

Wednesday Mornings

9:00 am - 10:15 am

West Caldwell Civic Center

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| <u>February:</u> | 24 |
| <u>March:</u> | 3, 10, 17, 24 |
| <u>April:</u> | 7 |

Fee: \$48.00 (WC-C residents)
\$54.00 (out of town)

Make Check Payable to: WC-C Recreation
Return Form & Fee to: WC-C Recreation
5 Fairfield Avenue
West Caldwell, NJ

For further information call 973-226-3621 or visit our website at www.westcaldwell.com.

Space is limited!
Participants must bring their own mat!

Name: _____ M _____ F _____

Address: _____ Town: _____

Phone: _____

Emergency Contact & Phone: _____

Email Address: _____

To the best of my knowledge I am physically fit to engage in the WC-C Recreation Yoga with Penny program (Feb 2010 – April 2010)