

Gentle Beginner Yoga

with Diane Tartaglia



*Do you have problems with balance? Limited mobility?
Are you uncomfortable getting up and down from the floor?*

Then...Gentle Beginner Yoga is for you!

Classes include:

- Exercises that lubricate stiff or arthritic joints*
 - Yoga poses that strengthen muscles*
- Breathing techniques that promote relaxation*

No prior Yoga experience required !

*Join Us:
Wednesday Mornings
10:30 AM - 11:45 AM
January 11 to March 29
(12 sessions)
Morris Plains Community Center
Fee: \$60.00*

Sponsored by the Morris Plains Recreation Commission. For more information: 973-538-3455