

NATURE INFUSED YOGA

WINTER 2019



Led by Kristin Mylecraine, Yoga Teacher & NJA Senior Research Scientist

Yoga is a great way to relax, connect with yourself, and increase flexibility and strength. Explore the connections between yoga and nature in this 75-minute class. No experience necessary; all levels welcome. For ages 15 years and older. Please arrive 10 minutes early and bring a yoga mat if you have one (some will be provided.) This class will be held weekly from 11/2/19 to 1/4/20. (There will be no class 11/30/19 or 12/28/19.) To register for the full 8-week session, registration is required prior to the first class. You may register for a single class. Walk-ins are welcome.

When

Saturdays, from November 2, 2019 through January 4, 2020 (9:30am to 10:45am.) Please note, there will be no class on November 30 or December 28, 2019.

Where:

Scherman Hoffman Wildlife Sanctuary, 11 Hardscrabble Road, Bernardsville, NJ 07924.

Cost & Registration

For all 8 classes: \$88 members, \$112 nonmembers.

Cost per class: \$12 members, \$15 non-members.

Please call 908-396-6386 to register by November 1, 2019.

