

Yoga

Winter 2012

*The ultimate goal of yoga is to reach complete peacefulness in your body and mind.
Participate in this multi-level yoga class offered by
Certified Yoga Instructor, Allen (Mukti Om) Sykes*

Who: Monroe Twp. Residents Only—Ages 18 and over
All levels—Beginners through Advanced

Where: Monroe Township Community Center

When: Sunday Mornings

Time: 10:00am-11:00am Co-ed Class

Fee: \$75 — Make check payable to: Allen Sykes



Class Dates

January 8, 15, 22, 29

February 5, 12, 19, 26

Register at the
Community Center

Open Everyday
8am-9pm

Must have valid
Monroe Township
Community Center I.D.
to register

**Participants are asked to wear loose comfortable clothing,
supply your own yoga mat and block, if needed
and remember not to eat a large meal prior to each class**

Photo Policy—By registering you/your child you give permission for photos to be taken that may be used by the township or invited media.
If you do not wish you/your child to be included in such photographs, you must submit this request in writing with your registration.

YOGA Winter 2012

Name	
Address	
Phone	
Email	

COMMUNITY CENTER USE:

\$ Fees Collected	Check #	Staff Initials	Date
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