

Wall Recreation Department Presents:

# Yoga and YOU 2012

Learn to relax and gain inner strength through the efforts of yoga. Long known as a stress release, as well as a method toward total fitness, this **6-week** program will be held under the direction of Louise Maresca.

**WHEN?** Mondays / January 23—March 5 (NO CLASS 2/20)

**WHERE?** Municipal Building / lower level—center room

**TIME?** 9:30—11:00 AM

**FEE?** \$55 for residents  
\$65 for non-residents

**DEADLINE?** January 17, 2012



Registrations will be accepted after the deadline if a minimum of 9 students has been met.

**Please mail & make checks payable to:  
Wall Recreation—2700 Allaire Rd—Wall, NJ 07719 / 732-449-8444, ext 251**

## Equipment suggested: Exercise mat and/or towel

Cut here \_\_\_\_\_

YOGA AND YOU

JAN—MAR, 2012

\$55/RESIDENTS

\$65/NON-RESIDENTS

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE # \_\_\_\_\_ EMERG # \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

I hereby certify that I am physically capable of participating in the Yoga & You program.

Signature \_\_\_\_\_

Date Paid \_\_\_\_\_ Check # \_\_\_\_\_ Cash \_\_\_\_\_

