



# Gentle Yoga



**When: Monday Evening**

**7:00 pm – 8:00 pm**

Where: Southard School

115 Kent Road Howell, NJ.

**\$35 for one 5 week session (Space is limited!)**

Class taught by Pat Tavis

Session 1- May 13, 20, 27 June 3 & 10

Session 2- June 17 & 24 July 8, 15, 29

\*Each session is a separate registration cost\*

*Gentle yoga is a relaxing workout that is made for the beginner and/or those with special health needs or weight restraints.*