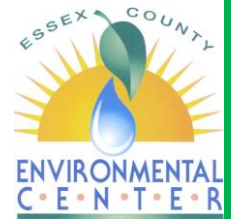




Yoga at the Essex County Environmental Center is a perfect way for adults to recharge their spirit and connect with nature. Our staff educators have a diverse set of skills, including certified yoga instruction, so we're able to offer residents affordable professional-level opportunities to learn, grow and enjoy!

Joseph N. DiVincenzo, Jr.



**Joseph N. DiVincenzo, Jr., Essex County Executive
And the Board of County Commissioners
Invite You to Participate in**

SUMMER 2022

Yoga Classes

Saturday Morning Yoga

Saturdays—June 11, 18 & 25; July 9, 16, 23 & 30; August 6
10am to 11pm

Ages 16 and older. All levels welcome. Experience the joy of practicing yoga in the great outdoors on Essex County Environmental Center's deck. In this class, you will be guided through a sequence of movements designed to stretch and strengthen the body. Yoga postures will be linked to the breath in a continual flow, with attention paid to physical alignment. Dress comfortably and please bring your own mat. During inclement weather, class will be moved indoors.

Fee: \$15 class, \$10 for those 65 and older

Yoga instructor Julia Lawlor received her RYT-250 yoga teaching certificate at Jaipure Yoga in Montclair in 2019. In addition to teaching at the Environmental Center, she has taught classes for women with breast cancer at Englewood Hospital and women in recovery at a drug center in Newark. She is eager to share with others the benefits that she's enjoyed in the regular practice of yoga.

All levels welcome. Advance registration, monthly pre-payment and a minimum number of participants are required; call 973-228-8776. **Dress comfortably and bring your own mat.**
No refunds for missed classes.



COUNTY OF ESSEX
Department of Parks, Recreation and Cultural Affairs
ESSEX COUNTY ENVIRONMENTAL CENTER
621-B EAGLE ROCK AVENUE, ROSELAND, NEW JERSEY 07068
Phone: 973.228.8776 Fax: 973.228.3793
www.essexcountynj.org



~PUTTING ESSEX COUNTY FIRST~