

Yoga in the Park

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 Residents—18 years old & over

Where: Monroe Township Veteran's Park—under the pavilion

61 Avenue K, Monroe Township NJ 08831

When: Sundays

September 13, 20, 27

October 4

Time: 10:00am—11:00am

Fee: \$37.50— Make check payable to: Allen Sykes

Registration can be done online at register.communitypass.net/monroetownship

All checks or money orders must be dropped off to Allen Sykes on the first day of the class, at Veteran's Park.

**Summer 2020
Session II**



**** The Recreation Department will be enforcing strict social distancing guidelines. Registrants MUST remain at least 6 feet apart and bring their own weights and mats to class. The Recreation Department will not provide any equipment. Thank you! ****

**Participants should wear loose comfortable clothing.*

Yoga mats, straps & blocks are available for purchase if needed

*Remember not to eat a large meal prior to each class**

Instructor: Allen Sykes

Registration will be accepted online ONLY at

register.communitypass.net/monroetownship

AND BRING CHECKS TO THE FIRST CLASS!

PLEASE NOTE: payment will NOT be accepted at the Rec Center, as our building is still closed to the public.



Any questions, please contact: Monroe Rec. Center 732-723-5000

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.