

**“NEW”**

# Yoga Thursday Mornings

**Spring 2018 Session I**

*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 Community Center

**When:** Thursdays  
April 12, 19, 26  
May 3, 10, 17, 24, 31



**Time:** 9:30-10:30am

**Fee:** \$75 - Make check payable to: Allen Sykes

*Registration can be done online at [register.communitypass.net/monroetownship](http://register.communitypass.net/monroetownship)—All checks or money orders must be mailed or dropped off to the Community Center no later than 2 weeks prior to start of program: 120 Monmouth Road, Monroe Township, NJ 08831*

*\*Participants are asked to wear loose comfortable clothing, yoga mats and straps & blocks are available for purchase if needed and remember not to eat a large meal prior to each class\*  
Any questions please call (732) 723-5000*

**Register online at  
[register.communitypass.net/monroetownship](http://register.communitypass.net/monroetownship)  
or at the  
Monroe Township Community Center.  
Open 7 days a week, 8:00am-9:00pm**

**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.