

Yoga

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: Sundays
May 6, 13, 20, 27
June 3, 10, 17, 24

Time: 10:00am—11:00am

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

Registration can be done online at 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

Instructor: Allen Sykes



Register online at
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.