

# Yoga

Winter 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  
Jan. 21, 28  
Feb. 4, 11, 25  
Mar. 4, 11, 18

Time: 10:00am—11:00am



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*

**Instructor: Allen Sykes**



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.