

Get through the work week with Wednesday night yoga in Westampton!



All levels vinyasa flow class with Sarah LaFleur

Fee: \$49 for 7-week session, \$32 for 4 week session, \$10 for a drop-in

Location: Westampton Recreation Center (50 Springside Road)

Time: 6:00 p.m.-7:00 p.m.

Dates: 7-week session: Wednesdays 2/15, 2/22, 2/29, 3/7, 3/14, 3/21, 3/28

Free class February 8!!

This vinyasa-inspired yoga class will focus on stretching and strengthening the body through simple yoga poses. Vinyasa coordinates breath with movement in a creative, fun way for practitioners of all sizes, ages, and levels to enjoy. Experience the rewarding physical and mental benefits of yoga in this one-hour class.

Sarah LaFleur is 200-hour Yoga Alliance Certified at Dhyana Yoga in Philadelphia, PA with an emphasis on vinyasa flow and alignment. She will offer a dynamic, energetic style of teaching to her classes while also offering adjustments and modifications individualized to each student's level.

Please bring your own mat or a towel and wear comfortable clothing.

Reserve your space! Mail registration below and check to 5 Dover Court, Westampton, NJ 08060. Checks can be made payable to Sarah LaFleur. Otherwise, bring registration and payment to your first class. Cash and checks are accepted.

Name: _____
Address: _____
Contact Phone Number: _____
Email Address: _____

CONSENT: I acknowledge that any exercise could cause injury to me. I assume all risks of injury which may result from this class. I agree to waive and release this program's instructor & township from any claims and damages resulting from my participation in this class.

Printed Name

Signature

Date