

## Adult YOGA Classes



Using body movements, breathing techniques and conscious relaxation, yoga can

- Improve balance, muscle tone, flexibility and strength
- Reduce stress
- Promote focus and peace of mind

The goal is not achieving an external ideal form, but instead, starting from “where you are” and adapting postures according to your individual needs and capacity. Bring your mat if you have one, otherwise mats will be provided.

**When:** Tuesdays 7:00 - 8:15 p.m. - 8-week session

**Where:** BHS Community Education Center Dance Room (Ice Rink)

**Fee:** \$65.

**Instructor:** Donna O’Driscoll

**Payment:** **Payment of \$65.00 is by check or money order made payable to the Bayonne Board of Education.**