



*“Parents and their children are invited to learn the physical and spiritual benefits of yoga in our new Family Yoga class. Families can bond while stretching, holding poses and using breathing techniques in a friendly environment that is perfect for people of all ages and abilities.*

*Joseph N. DiVincenzo, Jr.*



**Joseph N. DiVincenzo, Jr., Essex County Executive  
And the Board of Chosen Freeholders  
Families to Participate in**

# FAMILY YOGA

**With Lea Cahill**



**Saturdays**

**December 29, 2018; January 26 & February 23, 2019**

**11am to 12pm**

**Happy Baby, Cats and Cows, Tree, Elephant and Child’s Pose**

Welcome to our Family Yoga Class, where you’ll share and enjoy an adventure of calming breath, fun asanas/poses, and gentle stretches with your nearest and dearest in a friendly, go-with-the-flow atmosphere.

Please dress comfortably and bring your own mat. **For ages 5 and up.**

**Fee: \$10 per child, \$12 per adult**

**For more information, please call 973-228-8776.**

**Pre-registration and minimum number of participants required.**



COUNTY OF ESSEX  
Department of Parks, Recreation and Cultural Affairs  
ESSEX COUNTY ENVIRONMENTAL CENTER  
621-B EAGLE ROCK AVENUE, ROSELAND, NEW JERSEY 07068  
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**~PUTTING ESSEX COUNTY FIRST~**