



*Yoga at the Essex County Environmental Center is a perfect way for adults to recharge their spirit and connect with nature. Our staff educators & partners have a diverse set of skills, including certified yoga instruction, so we're able to offer residents affordable professional-level opportunities to learn, grow and enjoy!*

*Joseph N. DiVincenzo, Jr.*



**Joseph N. DiVincenzo, Jr., Essex County Executive  
And the Board of County Commissioners  
Invite Adults to Participate in**

# Yoga Classes - For Adults

## Summer 2021 (Outdoor Classes)

### Saturday Morning Yoga ~ 10am to 11am

July 10, 17 & 24

August 7, 14, 21 & 28

September 4, 11 & 18

### Full Moon Yoga ~ 6 pm to 7pm

Join us to greet the Full Moon on:

Friday, July 23; Monday, August 23; & Monday, Sept. 20

All levels welcome. Experience the joy of practicing yoga in the great outdoors on Essex County Environmental Center's partially shaded deck. In this "all levels" class, you will be guided through a sequence of movements designed to stretch and strengthen the body. Yoga postures will be linked to the breath in a continual flow, with attention paid to proper physical alignment. Dress comfortably and please bring your own mat. In the event of rain, classes will be held indoors in the classroom (with a wall of sliding doors opened) or virtually via Zoom. Advance registration, monthly pre-payment and a minimum number of participants are required.

**Fee: \$15 class, \$10 for those 65 and older**

For more information or to register, call 973-228-8776.

No refunds for missed classes; class CREDIT ONLY issued on a case-by-case basis.

Yoga instructor Julia Lawlor received her RYT-250 yoga teaching certificate at Jaipure Yoga in Montclair in 2019. She has also had training in yoga for mental health, trauma and addiction, and has taught classes for women with breast cancer at Englewood Hospital, and women in recovery at a drug rehab center in Newark. She is eager to share with others the benefits that she's enjoyed in the regular practice of yoga — easeful body, peaceful mind, useful life.



COUNTY OF ESSEX  
Department of Parks, Recreation and Cultural Affairs  
ESSEX COUNTY ENVIRONMENTAL CENTER  
621-B EAGLE ROCK AVENUE, ROSELAND, NEW JERSEY 07068  
Phone: 973.228.8776 Fax: 973.228.3793  
[www.essexcountynj.org](http://www.essexcountynj.org)



**PUTTING ESSEX COUNTY FIRST~**