



*Yoga at the Essex County Environmental Center is a perfect way for adults to recharge their spirit and connect with nature. Our staff educators 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 Chosen Freeholders  
Invite Adults to Participate in**

# Yoga Classes - For Adults

## WINTER 2018/19

**Chair Yoga Tuesdays ~ 3pm to 4pm**

**December 4, 11, 18; January 8, 15, 22, 29; February 5, 19, 26**

If you are new to yoga or feel that most yoga classes might be too strenuous for you, chair yoga can provide the more easy-going supported style you've been wishing for. Come experience how gentle yogic breath decreases stress and increases comfort and fluidity of movement, not only through your yoga practice, but potentially throughout your life. All poses are enjoyed at your own pace, seated or standing next to a chair and using it for support whenever you like. Classes will end in a peaceful restorative pose and optional gentle shoulder massage, and may you float out of class with a song in your heart. All levels are welcome. Dress comfortably.

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

**Thursday Evening Yoga ~ 6:15pm to 7:30pm**

**December 6, 13, 20, 27; January 3, 10, 17, 24, 31; February 7, 14, 21, 28**

In this "all levels" yoga series, each student is invited to explore and play through the breath and asanas/poses, flowing at your own pace with self-compassion and joy; followed by an optional gentle shoulder massage and restorative pose or Savasana of transformation and peace. All levels are welcome. Dress comfortably and please bring your own mat.

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

**All levels welcome. Classes are year-round unless otherwise noted.** Advance registration, monthly prepayment and a minimum number of participants are required; call 973-228-8776.

**Dress comfortably and bring your own mat.** No refunds for missed classes.

**Yoga instructor Lea Cahill** completed her RYT 200 Yoga Teacher Certification in 2012 and recently became certified to teach Yin Yoga. Lea was drawn to yoga for the deep, relaxing breath, gentle stretching and flowing through the poses which often makes one feel like a newer, lighter version of oneself. Lea has taught yoga classes at studios, gyms, senior centers, and even ShopRite! She looks forward to sharing the benefits and blessings which yoga brings to the body, mind and spirit with everyone at the Essex County Environmental Center.



COUNTY OF ESSEX  
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~PUTTING ESSEX COUNTY FIRST~