



# NEW JERSEY AUDUBON

## Nature Infused Yoga – Winter 2018 Series

Led by Kristin Mylecraine, Yoga Teacher & NJA Senior Research Scientist



Yoga is a great way to relax, connect with yourself, and increase flexibility and strength. Explore the connections between yoga and nature in this 75-minute class. No experience necessary; all levels welcome. Please arrive 10 minutes early and bring a yoga mat if you have one (some will be provided).

This class will be held weekly from 1/27/18 to 3/17/18. To register for the full 8-week session, registration is required prior to the first class. You may register for a single class. Walk-ins are welcome. For ages 15 years and older.

### When

Saturdays, January 27, 2018 through March 17, 2018 (9:30am to 10:45am.)

### Where

Scherman-Hoffman Wildlife Sanctuary, 11 Hardscrabble Road, Bernardsville, NJ 07924

### Cost & Registration

Per individual class: \$12 members, \$15 non-members.

Cost for all 8 classes: \$88 members, \$112 non-members.

To register for all 8 classes, please call 908-396-6386 by January 25, 2018

