



NEW JERSEY AUDUBON

Nature Infused Yoga – Fall/Winter 2017/18 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 11/4/17 to 1/20/18. (NB: There will be no classes 11/25, 12/23, or 12/30.) 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, November 4, 2017 through January 20, 2018 (9:30am to 10:45am.) **There will be no classes 12/23, or 12/30.**

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 November 3, 2017



NEW JERSEY
AUDUBON
www.njaudubon.org