

YOGA Classes



Using body movements, breathing techniques and conscious relaxation, yoga can

- Improve balance, muscle tone, flexibility and strength
- Reduce stress
- Promote focus and peace of mind

The goal is not achieving an external ideal form, but instead, starting from “where you are” and adapting postures according to your individual needs and capacity. Bring your mat if you have one, otherwise mats will be provided.

When: Tuesdays 7:00 - 8:15 p.m. / 8-week session

Where: BHS Community Education Center Dance Room (Ice Rink)

Fee: \$65

Instructor: Donna O’Driscoll

Registration: **Please fill out the registration form below and mail or bring it to the CE Center, 669 Avenue A, Bayonne, NJ 07002 with your check or money order made payable to the Bayonne Board of Education.**