Mayor Derek Armstead,
The City of Linden and
Department of Parks & Recreation

YOGA

This class helps build strength, increase flexibility and improve posture and balance while movement is led by one's breath. This class is designed for mid-life and older adults who may benefit from a slower pace gentle yoga flow. This class is a combination of chair yoga and floor yoga, seniors are encouraged to use props, modify poses, transition mindfully and explore their appropriate balance between ease and comfort. Breathe work, singing bowls, relaxation and meditation practices are included to encourage stress reduction. Beginners are welcome. All participants should consult with a physician prior to participation.

Location:	The John T. Gregorio Center-330 Helen St.
Time:	10:00am-11:00am
When:	Mondays: Sept. 27th - Dec. 6, 2021 (NO CLASS ON 10/11/21)
Program Fee:	**FREE**
Instructor:	Renee Roman
Ages:	50 years and older
Items to Bring:	A yoga mat and a bottle of water

All first-time registrants are required to call (908)-474-8600 or (908)-474-8627 Monday-Friday 9:00am-4:00pm to set up an account.

For more information, please call (908) 474-8600 or (908) 474-8627, Monday-Friday, 8:30am-4:30pm. Register online at https://register.communitypass.net/lindenand click on community pass or register in person at: John T. Gregorio Recreation Center, 330 Helen Street, or the Linden Multi- Purpose Center, 1025 John Street. In person registration is available 9:00am-4:00pm, online registration available 24/7.

Another quality program offered by the **Department of Parks & Recreation**
For more information, please call 908-474-8600