

## FAIR LAWN RECREATION DEPARTMENT



# YOGA



**TUESDAY NIGHT (2 Classes): 6:15 p.m. – 7:15 p.m. or 7:15 p.m. – 8:15 p.m.**

**Classes will be held at the Fair Lawn Senior Citizen Center – 11-05 Gardiner Rd.**

Registration will take place at the Fair Lawn Recreation Department located at 10-10 20<sup>th</sup> Street, Monday – Friday, 8:30 a.m. – 4:30 p.m. beginning **Tuesday, February 20**. Registration fee for ten (10) one-hour classes is \$75.00. Classes will begin on **Tuesday, March 5**.

**Class space is LIMITED: “First come, First serve”**

*(Minimum 6 participants per class needed to begin session. Maximum 15 participants per class.)*

Online Registration option is available for Fair Lawn residents through Community Pass. Visit <https://register.communitypass.net/fairlawnborough> to create your account. You will receive an email that contains your login information. Be sure to keep this email in a safe place so that you can continue to enjoy the convenience of the online registration option. Once you register and make payment for a class, there is a 72 hour waiting period for your information to be processed.

This mix-level Yoga class will guide you through the ancient discipline that has been developed and practiced in India for more than 5000 years and in the last few decades has become popular in the West. Many in the Medical profession recognize and prescribe Yoga for their patients for the following:



- To reduce effects of stress
- To improve cardio and pulmonary functions
- To improve posture, strength, flexibility and balance
- To achieve optimal health and to experience well being

**NOTE: LIMITED FLEXIBILITY IS NOT IMPEDIMENT TO PRACTICE YOGA!!!**

### **Session Dates:**

**March 5, 12, 19, 26**

**April 2, 9 (Off 4/16, 4/23, 4/30)**

**May 7, 14, 21, 28 (Last Class)**

Our certified Yoga Instructor Anna Khazan (Registered with Yoga Alliance) has been practicing Yoga for more than 25 years and has been teaching for 22 years. Anna teaches both group and private classes in various Yoga studios and Health clubs throughout Northern Bergen County. Her instructions emphasize proper alignment for safety and provide clear guidance for the physical and spiritual aspects of the practice.

#### **WHAT YOU SHOULD BRING:**

Your own body  
Your own mat  
Large beach towel or yoga blanket



#### **WHAT YOU SHOULD KNOW:**

Wear loose comfortable clothes  
We practice bare feet  
We provide yoga straps and blocks

**\*\*We recommend you do NOT eat a heavy meal two hours prior to class\*\***  
**For further information, please call the Fair Lawn Recreation Department at**  
**(201) 796-6746, Monday – Friday, 8:30 a.m. to 4:30 p.m.**