

FAIR LAWN RECREATION DEPARTMENT



YOGA

FALL SESSION



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

CLASS WILL BE HELD IN A QUIET CARPETED ROOM

Registration is held at the Community Center located at 10-10 20th Street, Monday – Friday, 8:30 a.m. – 4:30 p.m. beginning **Wednesday, September 7**. Registration fee for ten (10) one-hour classes is \$75.00. Classes will begin on **Tuesday, September 20**.

Class space is LIMITED: “First come, First serve”
(Minimum 5 participants per class needed to begin session. Due to Covid protocols a maximum 10 participants per class only permitted.)

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!!!

Fall Session Dates:

September 20 (Off 9/27)
October 11 (Off 10/4, 10/18, 10/25)
November 1, 8, 15, 22, 29
December 6, 13, 20 (Last Class)

Our certified Yoga Instructor Anna Khazan (Registered with Yoga Alliance) has been practicing Yoga for more than 20 years and has been teaching for 19 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.