

# yoga classes

Daria Hartman leads this class with stretching, strengthening, and toning postures. You will learn how to release stress and tension through deep breathing and quieting your mind. Equipment will be provided if necessary. Please wear comfortable clothing and bring a water bottle. Intermediate and advanced students welcome.

**Ages: 18 and up**  
**Tuesdays @ North Brunswick Senior Center**  
**7:30pm-9:00pm**  
**\$105/ session**

**Session 1: January 3,10,17,24,31 February 7,14,21,28 and March 7**  
**Code: 20202-01**

**Session 2: March 14, 21, 28 April 4, 11, 18, 25 and May 2, 9, 16**  
**Code: 20202-02**

**Session 3: May 23, 30 June 6, 13, 20, 27 July 11, 18, 25 and August 1**  
**Code: 20202-03**

**Session 4: August 8, 15, 22, 29 September 5, 12, 19, 26 and October 3, 10**  
**Code: 20202-04**

**Session 5: October 17, 24, 31 November 7, 14, 21, 28 and December 5, 12, 19**  
**Code: 20202-04**

**North Brunswick Dept. Parks, Recreation & Community Services**  
**(732) 247-0922 ext. 475**