

Fort Monmouth Location: Gear to Go - Building 801

Gentle Yoga & Relaxation

*Breathe - Relax - Focus
and Enjoy!*

*Experience the practice
of yoga through relaxed
movement, mindfulness,
and breathe awareness.*



8 Classes - \$45 (\$40 ** FYS)

*Tuesdays and Thursdays from
5:00 to 6:00pm*

Drop-In Price is \$8 per class.

*Learn some simple
yoga practices for
the body, mind and
emotions that can
easily be
incorporated into
your daily life!*



Register NOW. Sign Up at the PFC.

Wear comfortable clothes. Bring a yoga mat and a towel.

**** FYS - Frequent Yoga Students: Students that purchase 3 or more monthly passes.**

BREATHE - RELAX - FOCUS - ENJOY!
For more information please call 732-532-3275 or stop by the Physical Fitness Center