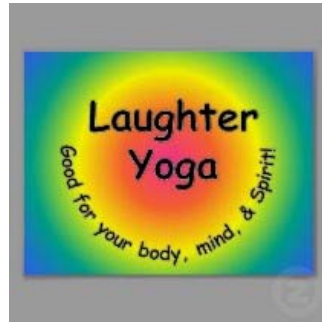


LAUGHTER CHAIR YOGA



NEW COURSE—SIGN UP NOW!

This is an Ethereal Experience to Happiness and Fun through Chair Yoga leading to Laughing Techniques and followed by Pranayams (Breathing Techniques) to enrich, connect-Mind and Body! 5 minutes relaxation at end of session with aroma oils applied to pulse points. This is from the study of

Gurukul System of Authentic Yoga
STRETCH, LAUGH & BREATHE
Great Health, Vitality and Peace

Winter 2017

Begins on March 23rd

Instructor: Shalini Rajamani

Days/Times: Thursdays 1:15 to 2:15 pm

Location: Public Health Nursing - Bldg #2
(Lower Level) 6 Gauntt Place, Flemington
Conference Room

(\$) Fee Based Class - must purchase a punch card
and sign a waiver to enter the class.

Registration is required.

Call (908) 284-6128



Open to Hunterdon County residents age 60 and over.

Sponsored by the Hunterdon County
Division of Senior, Disabilities & Veterans
Services / Senior Health & Fitness Program.

