

Hunterdon County Senior Health & Fitness Program

presents

“BREATHING & MEDITATION”

CLASS FOR SENIORS

Instructed by Yoga Alliance

Certified & Registered Yoga Teacher,

Barbara J. Berger



CLASSES ARE HELD ON ZOOM

TUESDAYS AT 1:30 PM

Take time to pamper yourself and learn how to
Improve and optimize your breathing capabilities,
for your health, happiness, and well-being.

Guided relaxation/meditation will follow

The breathing techniques portion of class.

Make your reservation through Eleanor Langeveld,
and join Barbara for this wonderful opportunity
to learn how to relax, unwind and lift the stress from
your body and mind.

You can take this gift into your daily life.

“It’s like a mini vacation.”

This is a virtual presentation. You may participate with an internet-connected laptop computer or mobile device such as smart phone or tablet computer. Desktop computers require a webcam and speakers. Registration is required. Free of charge.

To receive an invitation email, meeting login credentials and any further instructions, please email your registration request including your name, phone number, email address and event name to Eleanor Langeveld at elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

Sponsored by Hunterdon County Division of Senior, Disabilities & Veteran Services.
Open to Hunterdon County Seniors age 60 years and over.