



Introduction to **YOGA**

YOGA CAPE MAY

Martin Luther King Center

207 W. Main St.

Whitesboro, NJ

Friday 6:00 – 7:00 p.m.

and

Saturday 10:00 – 11:00 a.m.

Only \$4.00 per class

No experience necessary.

Wear loose and comfortable cloth to move in.

Men and Women welcome & All age groups.

Both the beginner & seasoned practitioner welcome.

“Feel the Sweet Breeze of Peace of Mind”

For Additional information:

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