

# Yoga

with

*Bridget Levens*

Get a jump start on the New Year

**6:45 - 8 pm Wednesdays**

**\$25.00**

**December 7, 14, 21, 28**

**January 4, 11, 18 & 25**

16 years of  
age and  
older

**Bring your own Yoga mat and water**

Yoga can be a life-changing practice. It will help transform your physical, emotional and mental health. All levels of experience are welcome.

Hosted by

**Vernon PAL**

25 Church Street Vernon, NJ



For more information visit [www.vernonpal.com](http://www.vernonpal.com) or call 973-764-9514