

Fall Yoga

with Aura

Tuesdays at the Vernon PAL

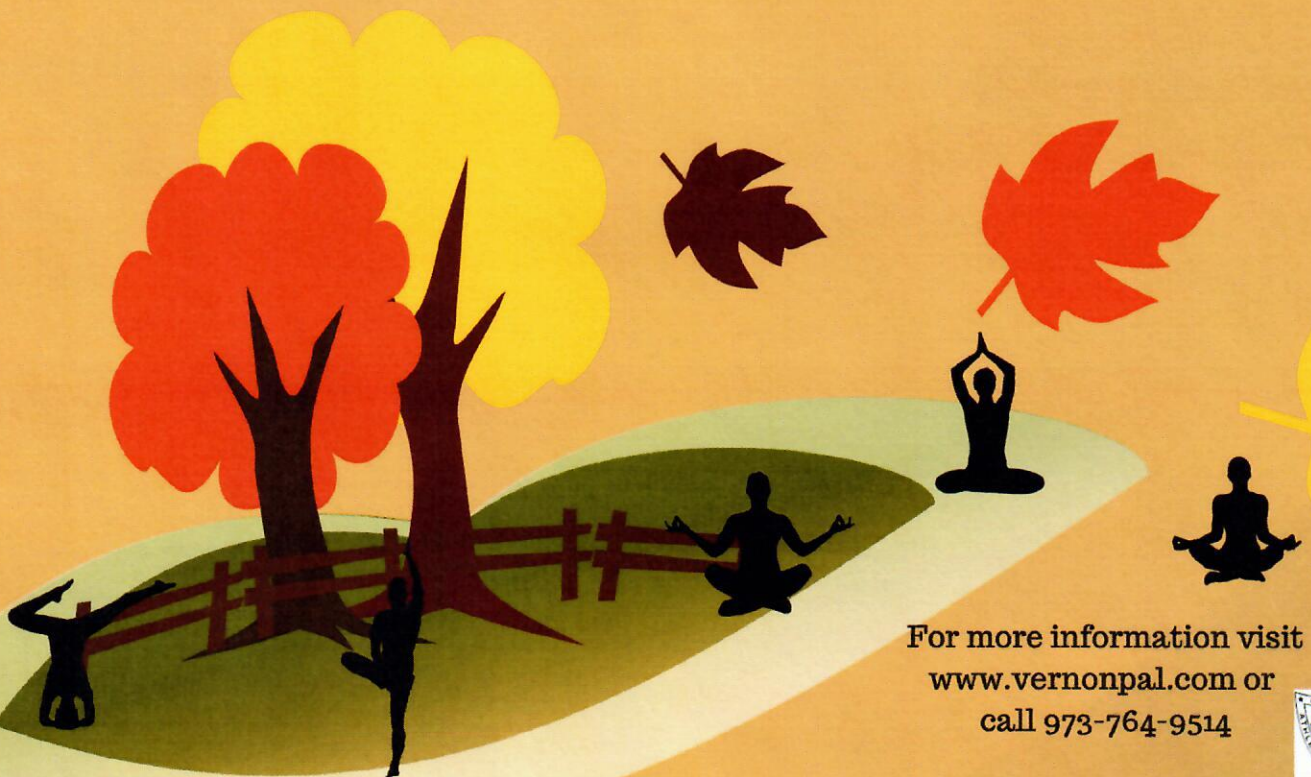
7:00 pm

Starting September 11th

\$25.00 for 8 Week Session

\$10.00 Drop in Rate

This Session of Fall Yoga will be a Gentle Vinyasa Flow, focusing on connecting breath and movement to strengthen and relax the mind and body. All levels of experience, beginner to advanced, are welcome. You must be 16 years of age or older. Please bring your own yoga mat and water bottle.



For more information visit
www.vernonpal.com or
call 973-764-9514

