



Vernon PAL

New Year New

You WITH  
AURA CHANDRA LEHRER

YOGA

7:00 - 8:15 pm Tuesdays

8 Week Session

\$25.00

JANUARY 15, 22, 29

FEBRUARY 5, 12, 19, 26, &

MARCH 5

Drop In Rate

\$10.00

at the

Vernon PAL

Bring your own Yoga Mat and Water

Yoga can be a life-changing practice. It will help you transform your body, open your mind and uplift your spirit.

All levels of experience are welcome.

Must be 16 years of age and older.

Register on-line [www.vernonpal.com/register](http://www.vernonpal.com/register)

FOR MORE INFORMATION VISIT [WWW.VERNONPAL.COM](http://WWW.VERNONPAL.COM) OR

CALL 973-764-9514

25 CHURCH STREET VERNON, NJ 07462

