

# Yoga with Kim Karsh



## Description

**All Levels:** Participants practice postures and stretches and work on breathing, relaxation, and focus. It is geared to the majority of the students but will offer variations and modifications to accommodate students with less experience. More experienced students will learn to refine basic postures, explore deeper poses and practice in a way that encourages a fuller integration of the principles of alignment into the poses that are practiced.

Participants bring their own mat to class. Registration is a must. No drop-ins - Class size is limited. Must bring waiver and purchase punch card to enter class. \$4.00 per session.

For more information and to register, call (908) 284-6128.

## Location -Dates and Times

**Wednesdays:** Fairview School, Kingwood - \* Until Nov 30<sup>th</sup>

Frenchtown United Methodist Church. Frenchtown – Begins Dec. 7<sup>th</sup>

**\*Location will change on November 1<sup>st</sup> to Frenchtown United Methodist Church, Frenchtown**

Open to all residents of Hunterdon County 60+ years and older. Sponsored by the Hunterdon County Division of Senior, Disabilities and Veteran Services; Senior Health and Fitness Program