



# *Explore the World of Yoga*

With 5 **FREE** 1 hour sessions  
of Beginner's Yoga

Classes are open to all 4H Club members and their parents and will be held at  
6260 Old Harding Highway, Mays Landing.

Dates: Wednesdays Feb. 15—March 14th  
Time: 6:00—7:00 PM

RSVP: Mona Bawgus at 625-0056 by February 10th  
Space is limited.

No experience necessary. Participants should wear comfortable, loose fitting clothing. Mats are not necessary but if you have one and would like to bring it, please do so.

*Yoga is the perfect opportunity to be curious  
about who you are.*

~Jason Crandell



Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.