



# Yoga & Qi-Gong

Sponsored by the Liberty Township Recreation Commission

Come relax and join us for Yoga /Tai Chi every Wednesday through the Spring/Summer of 2019. Certified instructors will provide a one hour class. The class is open to everyone.

Registration starts at 5:45 pm. All classes will begin at 6pm.

## **Our Schedule at the John R. Fisher Pavilion at Mt. Lake:**

**Every Wednesday (except the 2<sup>nd</sup> Wednesday of the month)  
Beginner Yoga with Amanda, C.Y.T**

**Qi-Gong/Tai Chi with Stan – May 8<sup>th</sup>, June 12<sup>th</sup>, July 10<sup>th</sup>,  
August 14<sup>th</sup>**

Please bring your own mat (Yoga) and wear comfortable, non-constrictive clothing. Each class is a suggested \$5 donation.

**John R. Fisher Pavilion:** 137 Lakeside Drive West, Belvidere, NJ

Location change/cancellation will be posted on the Liberty Township website blog and Facebook. Please visit for more information:

[www.libertytownship.org](http://www.libertytownship.org)

\*For questions, please call Amanda Loguidice, C.Y.T. at 908.310.5876 or contact Shannon Schaaf at 908.319.9229.