



YOGA

with Jenn James of Celestial Yoga, LLC of Clinton

These classes are geared towards healthy adults looking for poses that are held into alignment while focusing on breathing. Jen's multi-level classes help you strengthen & stretch your muscles and then add in some invigorating (but easy to understand) Sun Salutations (flow sequences) that everybody can enjoy and learn. These are well rounded exercise classes that end with a guided visualization and relaxation segment. Ah! Celestial Yoga will be celebrating its grand opening during the "Doing Clinton" event Oct. 1 and 2. Celestial Yoga teaches approachable yoga classes for all ages.

Wednesday, October 5 at 6:30 pm

at the North County Branch Library

65 Halstead Street, Clinton, NJ

This program is FREE and open to the public.

**Reservations are required and can be made by calling (908) 730-6135
or by visiting our Events Calendar online at www.hclibrary.us.**