

# YOGA CLASSES



- Dates:** Thursdays, April 21<sup>st</sup> – June 9<sup>th</sup>  
**Times:** 7:30 pm - 9:00 pm  
**Location:** Upper School Lower Gym  
**Fee:** \$125  
**Ages:** 14+ (Adults and Teenagers)

Englewood Cliffs will be offering a **8 week program** that will take place on Thursday @ Upper School Lower Gym located at 143 Charlotte Place, Englewood Cliffs.

Yoga is an ancient tradition with very practical benefits for our modern world. Gentle Stretches, Deep Relaxation, and simple breathing practices done mindfully as one can are very powerful in releasing tension in the body and the mind. The release of tension brings about a more flexible and healthy body as well as a peaceful mind! We all need this now! There are now also many scientific studies that show the benefits of yoga, including the famous studies done by Dr. Dean Ornish, proving that heart disease, cancer, and diabetes can be reversed by a number of yoga practices. Start or continue your journey here.

*Instructor: Premajyothi Devi, 22-year Senior Teacher of Integral Yoga*

Classes will occur on following dates: **April 21<sup>st</sup>, April 28<sup>th</sup>, May 5<sup>th</sup>, May 12<sup>th</sup>, May 19<sup>th</sup>, May 26<sup>th</sup>, June 2<sup>nd</sup>, and June 9<sup>th</sup>**. Please make sure to bring your own mat!

Registration must be done through Community Pass

<https://register.capturepoint.com/EnglewoodCliffsBorough>