



Summer Yoga

with Robin Abrett

Gentle Chair Yoga—Indoors

No yoga experience necessary.

Wednesdays July 18-August 29 11am-noon

Members \$5/class

Non-members \$10/class.

www.laurelwoodarboretum.org

973-831-5675

Slowly stretch your body, relax your mind and you may even relieve some of your aches and pains in this gentle chair yoga class. Wear loose clothing, socks or barefoot in class.

Friends of
Laurelwood Arboretum
Connecting People with Nature

