

**TOWNSHIP OF NUTLEY
COMMISSIONER MAURO G. TUCCI
DEPARTMENT OF PARKS & RECREATION**



YOGA FOR LIFE

THIS PROGRAM IS OPEN TO NUTLEY RESIDENTS
REGISTRATION FEE IS \$ 110.00 PER PERSON.

ONLINE REGISTRATION IS AVAILABLE AT:

[HTTPS://REGISTER.COMMUNITYPASS.NET/NUTLEY](https://register.communitypass.net/nutley)

A TOWEL OR YOGA MAT IS REQUIRED. PLEASE WEAR LOOSE CLOTHING.
CLASS SIZES ARE LIMITED.

Kim Stevens-Redstone is a Yoga Alliance ERYT-500. She has been sharing her love of yoga and meditation with people of all ages and abilities. She encourages beginner yogis to try new things, and experienced yogis to try new ways. Classes will focus on deep breathing and mindful movement. The practice will be tailored to your own personal abilities. Beginners are encouraged to join. As we do gentle stretches and coordinated breathing, we bring health and wholeness back to our bodies and minds. We experience the body/mind connection on the yoga mat. We do this first in yoga class and then out in the world, becoming and staying centered and calm in our daily lives. No previous experience necessary.

The intention for the Meditation Class is to provide relaxation, peace and calm for health and well being to all people.

This class is open to everyone, men and women, regardless of previous experience. "Come join us. It's nice over here."

TUESDAY OR THURSDAY EVENINGS FROM 6:45 P.M. TO 7:45P.M.

CLASSES ARE HELD AT 65 BLOOMFIELD AVE. PARKS & RECREATION ANNEX BLDG.

CLASS DATES:

TUESDAY DATES: SEPT. 15, 22, 29, OCT. 6, 13, 20, 27, NOV. 10, 17, 24, DEC. 1, 8

THURSDAY DATES: SEPT. 17, 24, OCT. 1, 8, 15, 22, 29, NOV. 5, 12, 19, DEC. 3, 10

NO CLASS NOVEMBER 3, 26

NO REFUNDS AFTER PROGRAM BEGINS

Yoga for Life Fall 2026

Name: _____ Birth Date _____ Phone: _____

Address: _____ Email: _____

TUESDAY 6:45 _____ OR THURSDAY 6:45 _____

The undersigned parent/guardian, does hereby consent to engage in all Recreation activities of the current season and does hereby waive, release and discharge the organizers, sponsors, supervisors, coaches, league officials, or the Township of Nutley, engaging in all Recreation activities or matters incidental thereto.

Signature of participant _____

Please initial that you have read and agree to Code of Conduct _____