

The Watchung Arts Center

YOGA

Winter 2023
In-person & Hybrid

INSTRUCTORS:



Renata **CARDINAL** RC

- Iyengar Yoga Certified
- Studio Yoga Certified



Mike **MACDONALD** MM

- Iyengar Yoga Certified
- Studio Yoga Certified



The Watchung Arts Center
18 Stirling Road
Watchung, NJ 07069
908-753-0190
wacenter@optonline.net
watchungarts.org

NEW Students Please Contact *Mike

SCHEDULE

H1 and H2; Tuesday, Jan 10 through Tuesday, March 21
IPI; Friday, Jan 13 through Friday, March 24

| | | | | |
|-------------|-----------------------|-------------|----------------|------------------------|
| H1: | Level II/Open | MM | Tuesday | 5:30 - 6:45 PM |
| H2: | Restorative | MM | Tuesday | 7:00 - 8:15 PM |
| IPI: | Gentle / Intro | RC** | Friday | 9:30 - 10:45 AM |

** In-Person only

NOTE

NO classes the week of Feb 12
Make-up classes Saturday April 1 @ 9:00 am

FEE

\$150 for one Series (9 out of 10 classes)
\$12 for additional class of same Series
SPECIAL : \$270 for TWO Series!

Kindly PAY FEES by Sunday, January 8 or bring to first class

PAYMENT OPTION

- **By Check**, payable to *Watchung Arts Center*. Bring to first class or Mail to Mike MacDonald, 785 Mine Rd., Bridgewater, NJ 08807
- **Online Payment** - Venmo@watchungartscenter OR Visit <http://watchungarts.org/classes/yoga/> (add \$7 service fee); Please notify Mike of Online payments

REGISTRATION & INFORMATION

Please Email / Text your chosen Series ASAP (latest by Sun, Jan 8) to

***Mike at mike.macdonald.yoga@gmail.com or 908-310-7818**

“The yogic journey guides us from our periphery, the body, to the center of our being, the soul.” B.K.S. Iyengar Light on Life