

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

YOGA

FALL 2023
In-person & Hybrid

NEW Students Please Contact *Mike

SCHEDULE

H1 and H2; Tuesday, Sep 12 through Tuesday, Dec 5
IPI; Friday, Sep 15 through Friday, Dec 8

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 October 22
Make-up classes Saturday Dec 16 @ 9:00 am

FEE

\$170 for one Series (10 out of 12 classes)
\$12 for additional class of same Series
SPECIAL: Two classes \$300 for two Series in Fall Term
PAY FEES: bring to first class or mail to Mike

PAY OPTION

- **By Check, payable to *Watchung Arts Center*. Bring to first class or Mail to Mike MacDonald, 785 Mine Rd., Bridgewater, NJ 08807**

REGISTRATION & INFORMATION

Please Email / Text your chosen Series ASAP (latest by Sun, Sep 10) to

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

"... it would seem like Yoga is the best activity to do to keep your brain young." Theresa Rowland (1950-2019) Iyengar Yoga Teacher