

INSTRUCTORS:



Renata CARDINAL RC
• Iyengar Yoga Certified



Mike MACDONALD MM
• Iyengar Yoga Certified



The Watchung Arts Center
18 Stirling Road
Watchung, NJ 07069
908-753-0190
watchungarts@gmail.com
watchungarts.org

YOGA

Spring 2026
In-person & Hybrid

NEW Students Please Contact *Mike

SCHEDULE

H1 and H2; Tuesday, Apr 7 through Tuesday, June 23
IPI; Friday, Apr 10 through Friday, June 26

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: Fri May 22 and Tues May 26
Make-up classes Saturday June 27 @ 9:00 am

FEE

\$170 for one Series (10 out of 11 classes)
\$12 for additional class of same Series
SPECIAL : \$310 for TWO Series in Spring term
Kindly PAY FEES by Sunday, Apr 5 or bring to first class

PAYMENT

- **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, Apr 5) to
***[Mike at mike.macdonald.yoga@gmail.com](mailto:mike.macdonald.yoga@gmail.com) or 908-310-7818**

“Asana and pranayama are the apprenticeship to [the] transcendence of duality.” *B.K.S. Iyengar Light on Life*