



Yoga for Gardeners

at The Frelinghuysen Arboretum, 353 East Hanover Avenue, Morris Township

Nicole Coons of Bright Life Yoga Studio is an avid gardener and has put together a yoga practice particularly suited to gardeners.

This year, avoid those aches and pains that inevitably follow days of garden cleanup. All levels, including beginners, are welcome!



- DATES:** This is a 5 session class
9/27, 10/4, 10/11, 10/25, 11/1
- TIME:** 11:30am—12:30pm
- COST:** \$45. for series or \$12 per class members
\$50. for series or \$15 per class non-members



The Friends of The Frelinghuysen Arboretum



www.arboretumfriends.org

353 East Hanover Avenue, Morristown, NJ 07962



Register online at

www.arboretumfriends.org

or call 973/326-7603



www.morrisparks.net