



at The Frelinghuysen Arboretum
353 East Hanover Avenue
Morris Township, NJ 07962

Nicole Coons of Bright Life Yoga Studios and an avid gardener has put together a yoga practice particularly suited to gardeners. Avoid those aches and pains that inevitably follow days spent working in the garden. This is a five session class; 6/30, 7/7, 7/14, 7/28 and 8/4 (No class on 7/21.) A make-up session will be held on 8/11.



5 Thursdays, beginning June 30

11:30am – 12:30pm

\$45. for series or \$12 per class members

\$50. for series or \$15 per class members



Register online or call
973.326.7603