



Yoga for Gardeners

at The Frelinghuysen Arboretum, 53 East Hanover Avenue, Morristown

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

These exercises will help you get in shape for the upcoming garden season.

This year, avoid those aches and pains that inevitably follow those first few days of spring garden cleanup and garden healthier throughout the summer. All levels, including beginners are welcome!



- DATES:** This is a 5 session class
2/1, 2/8, 2/15, 3/1 and 3/8
A make-up session will be held on 3/15
- 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

53 East Hanover Avenue, Morristown, NJ 07962

To register or for more information,
please call 973/326-7603 or go to
www.arboretumfriends.org
for a printable registration form.



www.morrisparks.net