

The Watchung Arts Center

YOGA Summer 2017

INSTRUCTORS:



Renata CARDINAL RC

- Iyengar Yoga Certified
- Studio Yoga Certified



Susan AHLSTROM SA

- Studio Yoga Certified
- Somatic Movement Educator



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
www.watchungarts.org

90 Minutes Each Class

Summer Mornings in July (6, 13, 20, 27)

ALL LEVELS Thursday SA 10:00 - 11:30 AM

Fee: \$80 for series of 4 classes OR \$22 per individual class

Summer Evenings July 11 – August 31

LEVEL II/III Tuesday MM 6:00 - 7:30 PM

RESTORATIVE Tuesday MM 8:00 - 9:30 PM

INTRO/LEVEL I Thursday RC* 6:00 - 7:30 PM

- and fellow teachers

Fee: \$120 for series of 6 out of 8 classes OR \$22 per individual class

Please make checks payable to the Watchung Arts Center

Registration and Information:

Contact Renata at YoReCa@aol.com or Mike at 908-310-7818

Full Fall Schedule begins Sept 11

“Yoga is a light, which once lit, will never dim“

(BKS IYENGAR)