

# Free YOGA DEMO



## FOR CHILDREN WITH SPECIAL NEEDS

Experience a fitness class with friends in a fun, safe, and relaxed environment!

**SATURDAY, JANUARY 9, 2016**

**9:30 AM–10:00 AM    Ages 5-8 Years**

**10:15 AM–10:45 AM    Ages 9-12 Years**

**Franklin Township Community/Senior Center  
505 DeMott Lane, Somerset**

Yoga promotes body awareness and teaches techniques to monitor one's own feelings. Participants will be introduced to a great set of Asana's poses to strengthen their bodies and encourage focus.

This demonstration will be taught by certified Yoga teacher, Carol Bender. Carol has extensive experience working with children and adults with special needs and holds a Yoga for Special Needs Certification. Franklin Township Recreation staff will also be present to provide additional assistance.

Advance registration is required and registration will be accepted until class is full.

Class size is extremely limited so please register early.

Register by calling Marianne Regan (732) 873-2500 X6357 or e-mailing [marianne.regan@twp.franklin.nj.us](mailto:marianne.regan@twp.franklin.nj.us) to reserve a space. Parents/guardians will be asked to remain on-site in the lobby during the program.