



**Yoga in the Park**  
**Mondays Sept. 12. - Oct. 3**  
**10 - 11 AM**

**Join Instructor Jenny Lu for morning Yoga classes at Morgan Park where the exercise and setting will leave you relaxed and serene!**

**When: Monday Mornings @ 10 AM**                      **4 sessions**  
**Begins September 12 2016**

**Where: Morgan Park, Germaine Street, Glen Cove**  
**Meet at the concert stage**

**Cost: \$28 Total Package**

**To Sign Up:**

**City of Glen Cove Parks & Recreation, 2nd Floor**  
**9 Glen Street, Glen Cove**  
**516-676-3766**

- **Make checks payable to City of Glen Cove**
- **Non-residents: Please call above number for a parking pass: provide name, model of car and plate #**

***Open to all levels!***

Energy Yoga is a mind-body practice that combines the ancient wisdom of Ki energy with modern techniques to maximize the brains functioning.

Some benefits of the class include stress relief, weight control, increased flexibility, deep relaxation, and peace of mind

Each class includes light stretching, breathing exercises and meditation. Modifications are provided in class so all are welcome.

Please wear comfortable clothing and bring a yoga mat.

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_