

YOGA LOKA IN FLEMINGTON, NJ

Flemington Jewish Community Center

5 Sergeantsville Road Flemington, New Jersey (908) 782-6410

INTRODUCTION TO YOGA *with*

Bonnie Pariser

If you have ever wanted to start yoga in an intimate comfortable setting, here is your chance. Bonnie will teach basic yoga poses and philosophy in this 6 week series. Questions are encouraged in this workshop format. When you complete the session you will be prepared to comfortably enter any level 1-2 class. And most importantly, it will be in a way that suits your body.

Wednesday Mornings
beginning April 22nd
9:30-10:45 am
Registration required

*\$90 if pre-registered by
April 18th
\$112 after.*

Bonnie Pariser is the founder, director and senior instructor at Yoga Loka in Frenchtown. She has practiced Yoga for more than 20 years and has taught Yoga for more than a decade. Bonnie completed her initial Yoga Teacher Training and her first Therapeutic Yoga Teacher Training at Saraswati River Yoga with Kirin Mishra. Bonnie was certified as a Structural Yoga Therapist by Mukunda Stiles, a world-wide leader in the field of Therapeutic Yoga. Bonnie is also the founder of the Karuna River Alliance, a non-profit organization that brings yoga into the lives of the chronically ill and disabled.



Name:

Phone Number:

Email Address:

Mailing Address

Please send a check for Introduction to Yoga at FJCC made out to Yoga Loka.

Registration fees are non-refundable. Yoga Loka reserves the right to cancel workshops at any time. All fees will be returned if a workshop is cancelled.

YOGA LOKA 34 Bridge Street Frenchtown NJ 08825 908-268-7430 www.YOGA-LOKA.com