

YOGA

on the

Delaware



FREE, Yoga class Sundays 10:00-11:00 a.m. in front of the Zurbrugg Mansion beginning May 6th (weather permitting).

- All levels welcome, no experience necessary
- We recommend bringing either a Yoga mat or large towel
 - **Come early to get the best view!!**

Yoga is for Anyone who wants to:

Heal physically, mentally or emotionally

Build *strength* and *flexibility*

Gain *balance*

Connect the mind and body to something greater than yourself

Any questions please contact recreation@delancotownship.com or Wendy at (609)332-4381

(sponsored by the Delanco Recreation Commission)