



Chair Yoga

The Department of Recreation is pleased to announce a chair yoga program directed for our senior population in Matawan. Yoga promotes flexibility, increased muscle tone and circulation, joint flexibility and reduces stress. Our Chair Yoga will allow the participants to enjoy all the benefits of yoga without getting on a mat. The class will learn many yoga postures, breathing techniques, meditation, and relaxation while seated in a chair. The classes will be taught by Danielle Meany, RYT and no equipment is necessary. Danielle earned her certification through Yoga Alliance at Tula Yoga.

The classes will be offered every Tuesday, starting June 6th at 10:00-11:00 AM for eight weeks at the Community Center located at 201 Broad Street in Matawan. There is no cost to Matawan senior residents and a \$ 25.00 onetime registration fee for non-residents. Registration is required with the Department of Recreation. If you have any questions, please contact Daria Dieterle at 732.566.3898 x130; or email recreation@matawanborough.com.





Chair Yoga

Name

Address

Email & Phone

Resident –No Fee

Non-Resident Fee

