



VILLAGE OF PORT JEFFERSON  
RECREATION AND PARKS  
AT THE VILLAGE CENTER

101-A EAST BROADWAY  
PORT JEFFERSON, NY 11777

(631) 802-2160



**Program:** Gentle/Beginning Yoga - AM - 2009  
With Melissa Boyd

**Dates:** Apr 13, 20, 27, May 4, 11, 25, June 1, 8, 2010  
*EIGHT SESSIONS*

**Time:** 10:15 to 11:15 am

**Location:** Port Jefferson Village Center

**Fee:** \$80/PJ Residents \$90/Non-residents

**Notes:** This beginning class will introduce students to gentle Yoga movements while incorporating deep breathing techniques. Each class will end with a guided meditation.



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Gentle/Beginning Yoga - AM

4/13 to 6/8/2010

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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