



# GENTLE YOGA

## ZOOM CLASSES

PRESENTED BY THE CAMDEN COUNTY BOARD OF FREEHOLDERS

This class is designed to bring yoga to your day - come as you are, all in the safety and comfort of your own home on-line with ZOOM!

Join the group to maintain health & revitalize your body systems - suitable for all experience levels. Yoga develops a union connecting body, mind & breath...in essence, it's a whole-body tune-up!

**Classes are one hour long - 12:00 pm to 1:00 pm**

**SEPTEMBER: 16, 23, 30 / OCTOBER: 7, 14, 21**

To register, go to: <https://bit.ly/3gL6Q85>

When registering, you will be given the Zoom contact information, as well as the ID code to join the class. The link remains the same for each Zoom meeting. Join in 10-15 minutes early to sign in, chat, and settle-in!

**To participate, you must be a Camden County Senior Citizen aged 60 +**

Get Connected



CamdenCountyNJ