

**Gentle Hatha YOGA Classes  
Beginners Welcome!**

**Release, Relax, Rejuvenate**

**Madison Community House  
25 Cook Avenue  
Madison, N.J.**

**Monday: July 10th, 24th and 31st**

**Time: 7:15-8:30 PM**

**3 classes \$25 with friend \$40**

**Drop in: \$10.00/ class**

**Checks : Payable to Anita's Attitude Adjustments, LLC**

**Please bring check to first class**

**Another alternative: Your presence as payment with no need  
for explanations.**

**Wear comfortable clothing and bring a mat and bath towel.**

**Call Anita @ 973-822-2312 or E-mail [anitateresap@aol.com](mailto:anitateresap@aol.com)  
for information and to be put on the mailing list for future  
classes**