

**Anita's Gentle Hatha Yoga Class**  
**Madison Community House**  
**25 Cook Avenue Madison, N.J**

**6 Mondays, 7:15-8:30 PM,**  
**September 17, October 1, 15, 22, 29, November 5**

**Payment Options**

Please make checks payable to Anita's Attitude Adjustments, LLC

Drop in, \$10.00

3 classes \$25 each with friend \$40 (for two)

4 classes \$32 each with friend \$54 (for two)

5 classes \$38 each with friend \$66 (for two)

6 classes \$42 each with friend \$74 (for two)

**As always, nonpayment is an option. No questions asked.**

**"Drop ins" are always welcome. Class is taught at the beginner's level.**

**Reminders:**

You will need a yoga mat (let me know if you don't have one).

Wear comfortable clothing, stretch waistbands are best. Yoga is best done barefoot to prevent slipping. "Big" jewelry will get in the way of your movement so remove it before class. Dress in layers as your body might feel chilly at the beginning and end of class. Refrain from eating a heavy meal within the two-hour time frame of starting class, it will make you uncomfortable. Stay hydrated with herbal teas and/or water.

**What to Expect:**

The class will be held in a quiet, meditative atmosphere, with relaxing music playing and a candle lit. We will do a variety of lying down, standing and sitting postures; nothing stressful. We move our body in unity; strengthening and lengthening muscles, mobilizing our joints and calming our mind.

**About Anita Pacheco:** Anita has practiced yoga for over 25 years and taught for over 10 years. She holds a 200-hour yoga certification from the American Yoga Academy and is registered with Yoga Alliance. She has Qi Gong Healer Certification from the Chambers Center for Well Being, of the Atlantic Health System and QiGong Level 1 certification. Anita completed PESI certification for Yoga and Mindfulness. She is also a 2nd level Reiki practitioner.

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