



# Gentle Yoga

Thursday morning 7:45-8:45  
at the Madison Community House  
with Donna Sue



Start your morning off with a relaxing blend of stretches and meditation designed to strengthen your body, calm your mind, and begin your day on a positive note.

Reclined, seated, and standing poses.  
Please bring your yoga mat, strap, and block.  
Pay monthly: \$8 per class. Drop-in rate: \$10 per class

**Contact Donna Sue – 973-723-6039**