



Congregation Agudath Israel
20 Academy Road
Caldwell, NJ 07006

*A program
dedicated to
physical and
spiritual well*



***YOU CAN STILL TRY OUT OUR CAI
YOGA CLASSES TO RENEW YOUR
BODY AND SPIRIT IN 2010!***
Stretch and tone your body in accordance with Yoga
movements, taught by a certified Yoga instructor.
Join our supportive & friendly yoga Community.

YOGA Winter/Spring 2010

Class Options through June 2010:

•18 Monday sessions 9:15-10:15 am

Feb. 1, 8, 22 March 1, 8, 15, 22 April 12, 19, 26
May 3, 10, 17, 24 June 7, 14, 21, 28.

•20 Wednesday sessions 9:15-10:15am

Feb. 3, 10, 17, 24 March 3, 10, 17, 24, April 7, 14, 21,
28 May 5, 12, 26 June 2, 9, 16, 23, 30.

•NEW - 20 Thursday pm sessions 6:00-7:00 pm

Feb. 4, 11, 18, 25 Mar. 4, 11, 18, 25, Apr. 1, 8, 15, 22,
29, May 6, 13, 27, June 3, 10, 17, 24.

•20 Friday sessions 2:30-3:30pm

Feb. 5, 12, 26 March 5, 12, 19, 26 April 2, 9, 16, 23,
30 May 7, 14, 21, 28 June 4, 11, 18, 25.

Register with Randi Brokman at 226-3600 ext. 119
or progdir@agudath.org

Program costs are shown below as Member/Non Member

Monday am (\$198/\$220) Wednesday am (\$220/\$245) Thursday am (\$220/\$245)
Friday pm (\$220/\$245)

Please contact Randi Brokman at progdir@agudath.org or (973)226-3600 ext. 119 for additional information.

Name _____

Address _____

Phone Number _____

Email Address _____

Make checks payable to Congregation Agudath Israel. Please write "Yoga" in the memo line.

**Congregation Agudath Israel of West Essex 20 Academy Road, Caldwell, NJ 07006
(973)226-3600ext 119**