City of Burlington
Adult Education Program
Presents
YOGA Flow

Physical poses coordinated with the breath to achieve total body and mind well-being. Reduces stress, improves strength, balance, and flexibility. Kim Stevenson, the Instructor, is a registered Yoga teacher practicing since 1996. She holds current CPR and First Aid certificates, is a Registered Dietetic Technician and is fully insured. Kim can be contacted at eatwell-bewell@comcast.net

Place: Keegan Center, 522 Wood Street
Time: Monday – 3:30 – 4:30 PM
FEE: $80.00 – 8 weeks

Register NOW by MAIL or Bring the money to your first class.
City of Burlington Adult Education Program,
Captain James Lawrence School
316 Barclay Street
Burlington, NJ 08016
Register by E-mail: baird@burlington-nj.net
See our website: www.burlington-nj.net
Click on Departments, then Adult Education
Register by Phone: For more information, Call 609 387 5855 or 609 230 5601
Make checks payable to: City of Burlington Board of Education