



Programs of JCC's Healthy Heart Month

# Yoga for Wellness

Open to all JCC Members

## Prime of Life Yoga®

For students of all ages with a particular focus on midlife and beyond. The practice incorporates an overall lifestyle approach to yoga based on this multi-level yoga class designed to help students with their life off the mat; every day movement, the challenges of common aches and pains, stress relief and cultivating overall peace of mind.

**Free Trial Class**

**Monday, February 6 • 12:15-1:15pm • Yoga Studio**

**Mondays, February 6-March 27 (8 weeks)**

**12:15-1:15pm • Yoga Studio**

**Free/JCC Full Facility Members • \$80/Basic Member and Guest**

## Yoga for a Healthy Back (3-8 participants)

This small group class teaches various postures and movements to stretch and strengthen your lower back and surrounding muscles. Ideal for those who want to maintain a healthy back, those with general chronic low back pain or common lower back conditions such as sciatica. No yoga experience required.

**Free Trial Class**

**Wednesday, February 1 • 6:15-7:15pm • Yoga Studio**

**Dates & Times TBD**

**\$100/Full Facility Member • \$130 Basic Member and Guest**

## Restorative Yoga (3-8 participants)

Reduce tension, stress and anxiety in everyday life and provide an overall sense of well-being through this deeply relaxing yoga experience which blends restorative yoga postures, breath work, meditation and yoga nidra. Postures are supported with props and hands-on assists, allowing muscles to deeply relax. No yoga experience required.

**Free Trial Class**

**Tuesday, February 7 • 6:15-7:15pm • Yoga Studio**

**Dates & Times TBD**

**\$100/Full Facility Member • \$130 Basic Member and Guest**

See all of our other Specialty Wellness Classes at

**[katzjcc.org/specialty-wellness](http://katzjcc.org/specialty-wellness)**

Proceeds From This Event Benefit:



**Katz JCC, Cherry Hill**

1301 Springdale Rd.  
Cherry Hill, NJ 08003



Questions, contact Jayne Miller Morgan  
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**[katzjcc.org](http://katzjcc.org)**