

## **All Levels Slow Flow Yoga with Colleen McCrone**



**Tuesday, 7:30am - 8:30am**

**14 weeks, May 28 - August 27**

**Manasquan Senior Community Center**

**63 Atlantic Ave. (parking & entrance behind building)**

**Purchase 12 weeks on Community Pass for \$145 or \$15 drop in**

**All abilities welcome**

**Bring a mat, towel, water, and an open mind**

**Contact info: colleendmc80@gmail or text 908-489-1801**

**Follow me on IG @colleen\_mccroneyoga**

