

All Levels Slow Flow Yoga with Colleen McCrone



Tuesday, 7:30am - 8:30am

10 weeks, March 5-May 14 (no class on 4-2-24)

Manasquan Senior Community Center

63 Atlantic Ave. (parking & entrance behind building)

\$120

Sign up on Manasquan Community Pass (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

