



Yoga Hike For Every Body

WHEN: Saturday, May 11th at 9:30am

WHERE: Schiff Nature Preserve, Mendham

COST: \$35

Come join us for a fun and easy/moderate 2.5 mile yoga hike at the Schiff Nature Preserve led by Amanda Modale. A Yoga Hike includes stretching and breathing as a warm-up, some hiking and some yoga poses along the way, as well as snacks. Round trip the hike should take about 2 hours 15 minutes and will be centered on Psalm 118, "This is the day..."



Space is limited. Please complete the registration form below and leave in the UWF mailbox or contact Linda Cargo at cargoph@aol.com

Amanda Modale has been practicing yoga for over 20 years and started her business "Yoga For Every Body" in 2018. She is currently certified to teach Vinyasa Flow, Yin, Chair, Restorative, Children's and Laughter Yoga and will earn her Prenatal/Postnatal certification in May. Her clients range from age 3 to 83 and enjoy fun and unique ways of exploring yoga, from mom & me and partner classes to Girl Scout Troops, sports teams and Yoga Hikes! Amanda was drawn to the practice by the variety of styles offered and the opportunity for self-improvement in the body and the mind.

Yes, I would like to attend the Yoga Hike!

Name: _____

Email address: _____

Please make \$35 check payable to Bishop Janes UMW