



The International Institute of
New Jersey
and
Five Corners Branch Library
present

HATHA YOGA

Yoga Classes for Beginners

Mondays, 6:15-7:30 PM

Instructor : Julie Castner RYT200

Julie Castner is a Registered Yoga Teacher (200) and was certified through
a Yoga Alliance program in Mysore, India.

Space is limited. Please arrive at class promptly.
Bring your own mat or borrow one of ours!!!!



International Institute
of New Jersey



The Five Corners Branch Library

678 Newark Ave., Jersey City, NJ 07306 201-547-4543

www.jclibrary.org

Jersey City Free Public Library – 2010

