



**ANNOUNCEMENT**  
(Due to closing of Be Yoga in Rumson)



# YOGA CLASSES WITH BECKY

**\$18 pp**  
**Drop in Class**

**2 For 1 Monthly**  
**Membership \$125**  
(unlimited classes)



**Everybody is Welcome**

**Fair Haven Martial Arts**  
20 Cedar Ave • Fair Haven

**Days  
and  
Times**

Monday Afternoons: 12:00–1:00  
Wednesday Mornings: 8:45–9:45  
Wednesday Evenings: 7:45–8:45  
Friday Afternoons: 12:00–1:00  
Sunday Evenings: 5:00–6:00

“My classes incorporate movement and poses to increase flexibility, strength and balance while calming our minds and protecting our bodies from injury”- Becky



**Kids Yoga NJ**

*Asanas for Mindful Living*

**Fair Haven Martial Arts**

20 Cedar Ave • Fair Haven



**Ages  
5-12**

**Saturday Kids Yoga**

**WITH BECKY**

February 10

February 17

February 24

March 2

March 9

**12:00 - 12:50**

**\$80 for the Series or \$15 a session**

**Yoga mat for kids with a convenient  
carry strap - \$15**

(Caregivers/Parents can participate  
for no extra cost)

**Pre register/pay [www.KidsYogaNJ.com](http://www.KidsYogaNJ.com)**

**Special pricing for all the FHMA families and friends**

**FOR INFO: Call/Email Becky: (908)902-3196 / [Becky@KidsYogaNJ.com](mailto:Becky@KidsYogaNJ.com)**

**Email: [Jim@Fairhavenmartialarts.com](mailto:Jim@Fairhavenmartialarts.com)**