



Yoga to the Finish

Series Preparing for the NCoC 5K

GUIDED BY STUDIO RYT MICHAEL GIAIMO AND NUTLEY RESIDENT JOHN O'BRIEN

SESSION 1: SATURDAY, MARCH 30TH, 2019 3PM - YOGA WARM UP, 1 MILE RUN, YOGA STRETCH

SESSION 2: SATURDAY APRIL 13TH, 2019 3PM - YOGA WARM UP, 2 MILE RUN, YOGA STRETCH

SESSION 3: SATURDAY APRIL 20TH, 2019 3PM - YOGA WARM UP, 3 MILE RUN, YOGA STRETCH

SESSION 4: SATURDAY APRIL 27TH, 2019 3PM - YOGA WARM UP, 5K RUN, YOGA STRETCH

**Nutley Chamber
of Commerce 5K
Run is on Sunday
May 5th**

**\$ 80 Full Series Participation Fee - \$ 20 individual session fee
(Each Session includes a free tap kombucha)**

Portion of the proceeds goes towards the.....