

# Yoga for Golf

with Sandee Moreta

Certified Yoga Instructor & Avid Golfer

Improve your game, Increase your strength,  
and Reduce your risk of injury



Monday 7:30 - 8:30 pm  
January 25, February 1, 8, 22, March 1  
5 Week Course for \$89

Learn the fundamentals of proper  
posture, breathing and relaxation.

Gain greater range of motion and strength.

Experience greater body awareness  
and improve your swing.

Studio Yoga Chatham  
(The Chatham Mall)  
650 Shunpike Rd  
Chatham Twp, NJ 07928



For Information:  
973-966-5311  
staff@studioyoganj.com