

Breathing and Meditation

With Barbara

Join certified yoga teacher and coach Barbara Berger as she leads you through this wonderful class of yogic breathing techniques and guided meditation that will leave you calm and relaxed, lift your spirits and make you feel rejuvenated!



On Zoom

Tuesdays: 1:30 PM-2:30 PM

Pre-Registration Required

Please call to sign up 908-788-1359

This is a free class, through a grant under the Older Americans Act and sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans' Services