



THE RINGWOOD HEALTH DEPARTMENT IS PLEASED TO OFFER



Moving Towards Mindfulness

June 21 - August 5

Activities Includes:



MONDAY MINDFUL WALK - 6:45 PM
Ringwood Skatepark, 18 Boro Pkwy, Ringwood



TUESDAY YOGA - 6:45 PM
Ringwood Skatepark



THURSDAY MEDITATION - 8:00 AM
Ringwood Skatepark



THURSDAY YOGA - 6:45 PM
Ringwood Skatepark

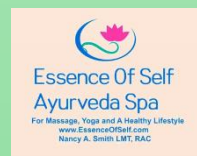


SATURDAY HIKE- 8:00 AM
Cooper Union Yellow Trail, 145 Carletondale Rd, Ringwood

It's FUN, FAMILY- FRIENDLY and FREE to join!

SOCIAL DISTANCING WILL BE PRACTICED

Join the instructors from Essence of Self Ayurveda Spa and Yoga for a variety of activities aimed at reducing stress and anxiety, increasing physical activity, and cultivating a more positive mindset.



Kick-off Activity on Monday, June 21st at 6:45pm for a Summer Solstice Walk
For more information, contact the Ringwood Health Department at (973) 831-5455