



## GLOW With Mom - Yoga in the Park

Date: Thursday, April 27th  
Time: 6:00-7:00P.M.  
Place: Ella Harris Park - tennis courts  
Cost: \$5 per mother/daughter(s)

Please join Girls on the GLOW for our GLOW With Mom Yoga Class! Coach Becky Lyons is a certified yoga instructor and will make the class fun and interactive. All abilities are welcome! For the safety of all participants, only GLOW Girls and their mothers will be allowed to participate in this event.

Bring water, a towel or yoga mat, and wear comfortable clothes.

Register by completing the form below and submitting it with your payment to Dina at practice or mailing it to: 6 Cliff Court, Sewell, NJ 08080. Checks payable to MHWTC-GLOW or cash will be accepted.

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### GLOW With Mom Yoga at the Park Registration Form

Names of participants: \_\_\_\_\_

Cell Number: \_\_\_\_\_ Email: \_\_\_\_\_

Cost: \$5 per mother/daughter(s) Amount enclosed: \_\_\_\_\_