

NEWS FROM: The Township of Lower



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Yoga Programs Offered in Lower Township



Karen Manette Bosna leads a yoga on the beach session on Tuesday at 7:15 p.m. on the bay beach at David Douglas Memorial Park.

When the stress of the week starts to pile up, the Lower Township Recreation Department offers ways for residents and visitors to unwind with yoga.

Instructor Karen Manette Bosna teaches yoga on the beach and aqua yoga at the township pool, two unique settings that help students stretch, breathe and relax as they go through the class.

“Yoga on the beach is an opportunity to connect with mother and be in harmony with the rhythm of nature,” noted Bosna, who has been teaching yoga in Cape May County for over 18 years.

Yoga involves a series of stretching postures, called asanas, breath work and meditation. The class is open to all levels, including anyone who is new to the practice of yoga.

Bosna said the sand provides a forgiving base when moving from one posture to the next and the setting sun and the rhythmic sound of waves on the bay beach is the perfect atmosphere to enhancing practice the gentle and nurturing asana flow.

“Striving is what it's all about, with the emphasis on enhancing well-being and to honor, respect and listen to the body,” Bosna said of her yoga classes.

Aquatic yoga classes are also an inclusive yoga class and open to anyone regardless of experience or ability.

“The water is the ultimate cushion,” said Bosna. “I’ve seen students that needed assistance to walk while they were out of the water who could do all the poses with no problem while there were in the class.”

Aqua yoga is scheduled at the pool, located on Rosehill Parkway and Winslow Avenue, on Tuesdays at 6 p.m. for \$5 a session.

Yoga on the beach is held on Tuesdays at 7:15 p.m. at David Douglas Memorial Park for \$5 a session. The class meets in the gazebo and then head down to the sand when the session begins. Anyone wanting to attend is asked to dress in comfortable clothing and bring a beach blanket or large towel.

After Labor Day, yoga classes return to being held at the recreation center on Tuesdays from 7 p.m. to 8 p.m.

Drop ins are always welcome for both classes and no preregistration is required.

For more information call the Lower Township Recreation Department at 609-886-7880 or Karen Manette Bosna at 609-827-8886 or email at kbosna28@yahoo.com More information can also be found at yogacapemay.com.

Yoga on the beach is held on Tuesdays at 7:15 p.m. at David Douglas Memorial Park for \$5 a session. The class meets in the gazebo and then head down to the sand when the session begins. Anyone wanting to attend is asked to dress in comfortable clothing and bring a beach blanket or large towel.



Yoga instructor Karen Manette Bosna explained that her yoga classes are open to everyone, regardless of ability.



Through the summer aqua yoga is scheduled at the pool, located on Rosehill Parkway and Winslow Avenue, on Tuesdays at 6 p.m. for \$5 a session



Karen Manette Bosna is a certified yoga instructor who has been teaching in Cape May County for over 18 years and has taught in different local Yoga studios, health fitness centers, school systems and community organizations. She embraces the freedom of being a "gypsy yogini" and has a passion for yoga and is grateful and honored for the opportunity to share her awareness on a personal basis in her local community.