



Wood Ridge Parent Advisory Network Hosts Parents and Children Mindfulness Yoga!

Wednesday, December 12th 7:00pm-8:00pm

495 Highland Avenue Wood-Ridge NJ 07075

Families please bring your own yoga mats or thick towels to the class.

Instructor: Richard Cella

Rich was an educator for the past 15 years. Rich has taught math and physics, and it was here where he realized that meditation and yoga had a place in the learning process. Please see bio!

* all children must be with an adult to participate

@11/15/18