

YOGA LOKA

34 Bridge Street, 2nd floor Frenchtown, NJ 08825
908-268-7430 www.Yoga-Loka.com

BOOT CAMP MEETS YOGA

with Colleen Tomko and Bonnie Pariser

The physical discipline of Boot Camp and the mental discipline of Yoga meet to make these classes an all encompassing experience. Tone your body while increasing your flexibility, release your muscles through concentrated effort and then enjoy the benefits of a released mind as the ending yoga practice allows the benefits of your physical exertion to seep in. No previous experience in either is necessary

October 4th-November 1st

This is a 5 week course

Tuesdays, 9:15-11:15 am

The cost for registration is \$125.

Register by September 13 and pay a reduced rate of \$100

Registration deadline is September 27th



Bonnie Pariser is the founder, director and senior instructor at Yoga Loka in Frenchtown in 2003. She has practiced Yoga for more than 20 years and has taught Yoga for more than a decade. She is also a Yoga Therapist and has worked with clients nationwide to find solutions to their pain and help for their



Colleen Tomko is an ACE certified Personal Trainer since 2006. Love for Health and Fitness sparked her passion to help others. Now after five successful years she has helped many people reach their goals. Body Betterment offers 1 on 1 sessions in the Workout Room, group training and outdoor Boot Camp six mornings a week. Colleen lives in Frenchtown NJ with her husband, Andrew and Children Paul and Danielle.

Name:

Phone Number:

Email Address:

Mailing Address

Please make checks for Boot Camp/Yoga to Yoga Loka.

Registration fees are non-refundable. Yoga Loka reserves the right to cancel workshops at any time. All fees will be returned if a workshop is cancelled.

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