

Yoga classes start Sept. 17 in Gillette

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LONG HILL TWP. – Yoga classes will be offered again starting Thursday, Sept. 17 at Soo Bahk Do Karate & Wellness in Gillette.

Shari Czar, a certified and registered (RYT 200) yoga instructor and founder of Infinite Heart Space, will conduct the one-hour classes set Monday and Thursday mornings.

“We have a wonderful, nurturing space at this studio and are excited to bring back yoga for all levels,” said Czar.

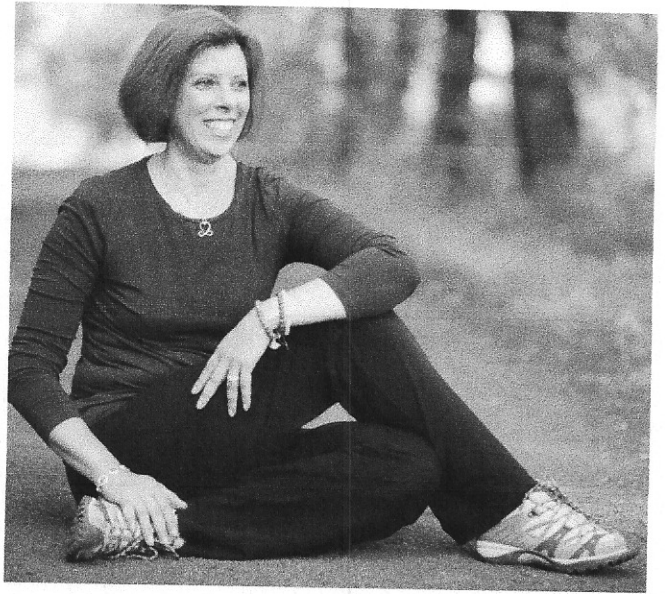
Yoga is a centuries-old practice designed to enhance physical as well as spiritual well being. It has gained tremendous popularity in recent years being touted by both physicians and psychologists for its strengthening and flexibility properties as well as its stress relieving value.

Czar is a certified registered yoga instructor (RYT-200), and has been sharing the many benefits of yoga and meditation with her students since 2000.

“Shari is an extraordinary teacher – perceptive, intuitive and very encouraging,” said Michelle Cavett, program director at Soo Bahk Do Karate & Wellness.

“We are very fortunate to have her conducting traditional yoga classes at our studio.”

To learn more about the classes, visit ShariCzar.com or call (908) 963-6365.



Shari Czar

Shari Czar, yoga and meditation instructor, author, speaker, and founder of Infinite Heart Space.