

# NEW Adult Programs Fall 2019



**Bagpipe Lessons** - Have you always wanted to try your hand at this iconic Scottish instrument but didn't know how to get started?



**Essential Oils** - You've started to take care of yourself naturally and you're ready to learn more.



**Intermediate Tai Chi** - For those who want to distill more of the essence of T'ai Chi Chih, join us as we enter deeper into the Cosmic Rhythm.



**Vinyasa Yoga** - You will explore linking basic yoga poses together in a dance-like flow with direction on alignment and modifications unique to your body.



**Bunny Bliss Yoga** - Find your inner, cotton tailed peace while bunnies hop between legs and feet during yoga poses like lotus, warrior, child's and yes, even rabbit!



**Five Mistakes People Make in Goal Setting** - Learn the 5 most important mistakes to avoid when setting goals and amplify your success in goal setting.



**Lotion Making From Scratch** - Learn how to make your own lotion and creams from scratch.



**Volleyball FUN!** - Bump, Set, & Spike your way this fall for some fun and relaxing volleyball.

Newtown Township Parks & Recreation  
To Register Call 215-968-2800 x239 or  
Online at [www.NewtownFun.com](http://www.NewtownFun.com)  
*Pre-Registration Required!*