

# The DOT Organization, Inc.

## Dreams of Tomorrow

presents

# YOGA FOR MEN

Starting Thursday, October 3, 2019 weekly until November 7, 2019

6 pm to 7 pm

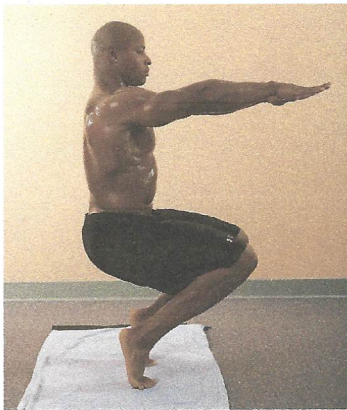
Camden County College, Blackwood, NJ  
and Cherry Hill, NJ locations

classroom to be announced at a later date

Cost: \$54.00 for six sessions

\$25.00 due at registration

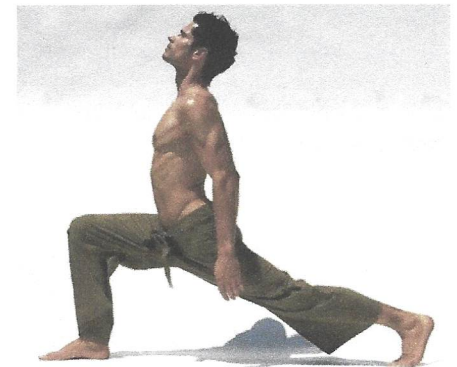
Balance due by 5th Session



**Class taught by a certified instructor.**

This class will:

- Improve focus,
- Helps to reduce stress, which boosts your immune system
- Improves digestion
- Improves sleep
- Improves mobility and posture
- Builds muscle
- Improves flexibility and range of motion
- Enhances productivity; and
- Helps improve blood pressure, heart rate, and oxygen consumption



**PLEASE BRING YOUR OWN MAT, TERRYCLOTH HAND TOWEL, AND BOTTLE OF WATER**

**Registration application attached**

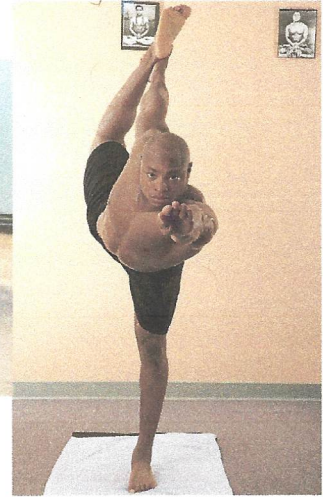
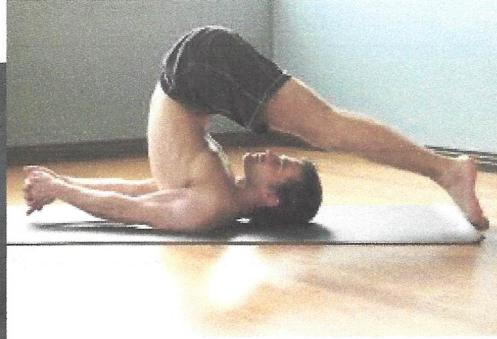
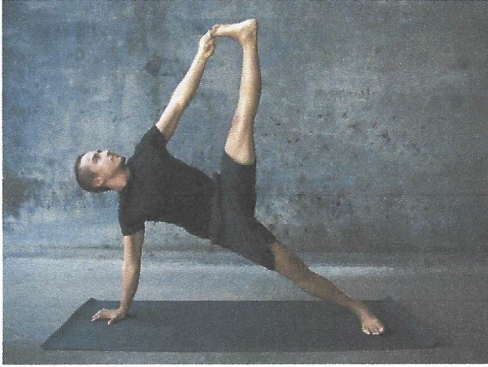
For further information please contact us at 856-262-3878 or

by email at [thedotorganization@hotmail.com](mailto:thedotorganization@hotmail.com)

[www.thedotorganization.com](http://www.thedotorganization.com)

# REGISTRATION FORM

## YOGA FOR MEN



Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date of Birth: (Month/Day) \_\_\_\_\_

**Mail form with check or money order to:**

The DOT Organization, Inc.

P. O. Box 1, Sicklerville, NJ 08081

or pay by **Paypal** at [www.thedotorganization.com](http://www.thedotorganization.com)

email: [thedotorganization@hotmail.com](mailto:thedotorganization@hotmail.com)

856-262-3878