

Tuesday, August 20, 2024

## Yoga with Karolina @ mignolo arts center

Company: mignolo arts  
Location: Metuchen, NJ  
Compensation: N/A

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Jordan Gross

Join us on Sundays from 11:30AM - 12:30PM for Yoga with Karolina at mignolo arts center in Metuchen, NJ!

Karolina's Vinyasa yoga class provides an alignment based flow focusing on building strength while retaining flexibility. Each class incorporates a different type of pose (twists, binding, arm balances, inversions, etc.) Modifications will be provided throughout to accommodate injuries and different ability levels.

To register for Yoga (\$15), visit our website at [www.mignolo.art/classes](http://www.mignolo.art/classes) or find us on ClassPass with your ClassPass app and membership.

Due to our zoning regulations, there is NO parking at mignolo arts center and violators will be towed at the owner's expense, however there are 500+ parking spaces within a 5 minute walk!

1. Pearl Street Parking Garage (1 Pearl Street, Metuchen, NJ) - 5min walk, \$5 for 3 hours
2. Metuchen Station Lot 6 (Located on Halsey Street) - 5min walk, \$5 for 12 hours
3. Amboy Ave Street Parking - Meter parking available between Main St and Lake Ave, free after 6PM and on Sundays

mignolo arts  
272 Lake Ave  
Metuchen, NJ, 08840  
8625964422  
[www.mignolo.art/classes](http://www.mignolo.art/classes)

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