LOCAL MALA PROJECT

GARDEN STATE OF MINDFULNESS

September 17th, 2017

Asbury Park, New Jersey

eat well | live well℠

principle 1

strive for 5 cups
of fruits & vegetables

principle 2

get moving

principle 3

calories count
so watch your portions

principle 4

measure your progress

Helping you live a healthier, better life

Learn more about the Wegmans *Eat Well, Live Well* principles at wegmans.com.

Wegmans

THANK YOU TO EVERYONE PARTICIPATING IN THE 2017 LOCAL MALA PROJECT

2017 Teachers:

Amy Budinich
April Puciata
Brett Lehr
Christa Russo
Dana Potts
Eddie Cordiano
Jen Vafakos
Jason & Melanie O'Donnell

Lisa Brodrick
Melissa Kaban
Nicky Scholz
Patrick Franco
Reggie Golden
Serena Soffer
Tim Shaw

The Local Mala Project Committee:

Christian Valeriani

Dana DePierro-Valeriani

Jennifer Bredehoft

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Arianna Henna
rajni.khanna222@gmail.com

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Count Basie Theatre
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732.224.8778 (Office)
732.842.9000 (Box Office)
www.thebasie.org

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19 Mechanic Street
Red Bank NJ
www.evenflowyoga.com

Freehold Yoga Center
3 West Main Street
Freehold, NJ 07728
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www.freeholdyogacenter.com
freeholdyoga@aol.com

Hackensack Meridian Health
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Hudson Yoga Project
44 Hudson Place, 4th Floor
Hoboken, NJ 07030
201.850.1104
www.hudsonyogaproject.com

Impact 100 Jersey Coast
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info@impact100jerseycoast.org
www.impact100jerseycoast.org

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Thank you to the EvenFlow Family for all of your support for the 2017 Local Mala Project.

Namaste, Friends. . .

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Mary's Place by the Sea
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Morganville, NJ 07751
www.teamnatale.net
732.757.7251

Yoga University
732.371.6720
jscamorza19@gmail.com
www.yogauniversitynj.com

Zen Den Center
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Ocean, NJ 07712
732.414.9423
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