


Free yoga classes scheduled

 by [Editor](#) on July 12th, 2010 [Comment](#)



More than 25 people recently enjoyed a free yoga class on the lawn at Colonial Crossroads Chapter of the Red Cross. The next class is July 17.

More than 25 people recently enjoyed a free yoga class on the lawn at Colonial Crossroads Chapter of the Red Cross.

Megan Hait, founder of Blissful Living in Chatham, led the first class in the series. The chapter, 695 Springfield Ave. in Summit, occupies a historic home that was completed in 1901.

Open to the public, upcoming classes are scheduled for July 17 and 28 and Aug.17 and 18. No reservations are required. The hour-long classes are followed by light refreshments and a raffle for a free gift on the porch. Colonial Crossroads Chapter of the Red Cross serves Madison, the Chathams, Berkeley Heights, East Hanover, Florham Park, Long Hill Township, New Providence, Springfield and Summit.

For more information call 908-273-2076.