

Adult Yoga

Ages 18 & up

No matter if you have never taken yoga or you've been practicing for years this class is for you! Release stress and improve personal well being this fall and winter. Yoga will bring balance, breath awareness, stamina, and flexibility to the body and mind. Students will be able to work at their own level, modifying poses as needed. Participants are encouraged to bring a yoga mat to class. Class is held in an air conditioned room. Limit 35.

Dates: Session One: Tuesdays, October 11, 2016 - December 13, 2016
Session Two: Tuesdays, January 3, 2017 - March 7, 2017

Time: 6:15 – 7:30 PM

Fee: \$37.50 Resident / \$47.00 Non-Resident

Activity Numbers: Session One: 3605.0337.101 Session Two: 3605.0337.102

Location: Parkman Multipurpose Room, 165 Weymouth Road

Registration begins on Friday, September 16, 2016 at 9AM for Enfield Residents.



ENFIELD RECREATION DEPARTMENT
19 NORTH MAIN STREET
860.253.6420
www.enfield-ct.gov/recreation

