

# SEPTEMBER IS NATIONAL YOGA MONTH

Join us this September to celebrate National Yoga Month! Learn a vinyasa, practice your sun salutation, master the warrior pose and so much more when you begin or continue to practice the art of yoga. Yoga provides many physical, emotional and spiritual benefits. Specifically, it can help increase flexibility, increase muscle strength and tone, decrease stress and anxiety, and promote sleep quality. Why not give yoga a try today?

We will post daily during the month of September a variety of yoga videos at 6:00 AM on our Facebook page for you to follow along with when you have time in your day. You can also check out our website for different 30-Day Yoga Challenges that you can follow along with this month. Try something new, continue your yoga journey or get back into yoga - beginners and those with experience are welcome to join us and get moving during National Yoga Month!

*FACEBOOK: Daily yoga video at 6:00 AM*

*WEBSITE: 30-Day Yoga Challenges*

## **Follow us on Social Media:**

 @EnfieldRecreationDepartment

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