

# Adult Yoga

*Ages 18 and up*

Whether you have been practicing yoga for years or this is your first time, this class is for you! Release stress and improve personal well-being this fall. 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 should wear comfortable clothing and bring a yoga mat and a water bottle to class. **Limit: 25.**

**Dates:** Tuesdays, October 18 - December 6, 2022

**Time:** 6:15 - 7:30 PM

**Fee:** \$40.00 Residents / \$50.00 Non-Residents

**Location:** Parkman School Multipurpose Room, 165 Weymouth Road

**- REGISTRATION BEGINS -**

**Residents:** Friday, September 9 at 8:30 AM

**Non-Residents:** Friday, September 16 at 8:30 AM

Enfield Recreation | 124 North Maple Street  
860.253.6420 | [www.enfield-ct.gov/recreation](http://www.enfield-ct.gov/recreation)