

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 summer. 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. Due to COVID-19, several additional policies are required of all participants. Please see page 2 for details. **Limit: 18.**

Dates: Tuesdays, July 13 - August 17, 2021

Time: 6:15 - 7:30 PM

Fee: \$30.00 Residents / \$37.50 Non-Residents

Activity Number: 3605.0337.401

Location: Enfield Annex Library, 124 North Maple Street

- REGISTRATION BEGINS -

Residents: Friday, May 14 at 8:00 AM

Non-Residents: Friday, May 21 at 8:00 AM

WE'VE MOVED!!

Enfield Recreation | **124 North Maple Street**
860.253.6420 | www.enfield-ct.gov/recreation



PROGRAM POLICIES RELATED TO COVID-19

- **Participants must complete a self-screening before arriving at the program. If you or anyone in your household does not feel well for any reason, please do not attend the program. Please notify us if you or someone in your household tests positive for COVID-19 on the day of the program or in the 14 days immediately following your last day of participation.**
- Participants should not arrive more than 10 minutes before the start of the program.
- **Participants will be required to follow all current masking mandates.**
- Upon arrival, a visual health screening will be conducted by program staff.
- Contactless sign in will be held in the library. Participants will be required to sanitize their hands at the beginning of the program. Hand sanitizer will be available to use throughout the program as needed.
- Participants must follow the instructor's directions to keep socially distanced throughout the program. The library floor will be marked with proper distance between mats.
- Person-to-person contact will be kept minimal during the program.
- An email will be sent to registered participants 24-48 hours prior to the start of the program with details, reminders and any updates.

Policies are subject to change based on new local, state or federal regulations.

We will communicate any changes via email.