

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. Everyone will be able to work at their own level, modifying poses as needed. *Participants should wear comfortable clothes and bring a yoga mat and a water bottle to class.* **Limit: 18.**

Dates: Tuesdays, July 11 - August 15
Time: 6:15 - 7:30 PM
Fee: \$30.00 Residents / \$37.50 Non-Residents
Location: Enfield Annex Library, 124 North Maple Street

REGISTRATION BEGINS:

Residents: Friday, May 12 at 8:30 AM

Non-Residents: Friday, May 19 at 8:30 AM

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

