

All Levels Yoga



Six Week Series
Wednesdays, 7:00-8:15 p.m.
September 23-October 28
Hampton Community Center

This class is appropriate for yoga practitioners of all levels. Instruction and modifications will be offered to allow students to practice based on their level of experience and desired level of intensity. Each class will incorporate breath work and postures to align, strengthen and promote flexibility in the body. We will close each class with a period of meditation.

The class will be led by Linda Abt, Certified Yoga Teacher.

Details:

- The cost for the Series is \$60.00. Checks should be made out to Hampton Recreation Commission and can be brought to the first class or mailed to: Town of Hampton, P.O. Box 143, Hampton, CT 06247
- Walk-in students will be accepted if space allows at a charge of \$14.00 per class
- Students should bring a yoga mat and a blanket or thick towel to each class. Students are welcome to bring any other yoga props they may have to class.
- Wear comfortable clothing that allows freedom of movement. Eat lightly before class.
- A minimum of six series registrants will be required to hold the program.