

BERLIN PARKS AND RECREATION DEPARTMENT



YOGA

Classes are held at the
Berlin Community Center, 230 Kensington Road, Berlin

Instructor is from Personal Euphoria in Wethersfield

We are now taking registrations for both classes.

All Level Yoga - Unwind and recharge your batteries as you surrender into yoga poses designed to strengthen your core, build stamina and increase flexibility. Class will focus on connecting breath with movement and simple mindfulness practices. Different variations of poses are offered, making this class fun, safe, and challenging for all levels. Please bring a mat, a water bottle and any props (pillow, yoga block, blanket, etc.) that will add to your comfort. Mixed Level Class.

Monday nights for 10 classes from 5:30 - 6:45 p.m.

****SEPTEMBER 9** through November 18, (no class 10/14)

Fee is \$75 for residents and \$85 for non-residents **Program #334301A**

Wednesday nights for 10 classes from 6 - 7:15 p.m.

September 11 through November 20, (No class 10/23)

Fee is \$75 for residents and \$85 for non-residents **Program #334301B**

****NEW STARTING DATE**

Now you can register on-line through our WebTrac program. On-line registration is only available up to the last business day before the program starts. Registration materials will be available on the town's website. www.town.berlin.ct.us to mail in or to register in person or on the Berlin School site www.berlinschools.org under Community.

Town Facebook page www.facebook.com/TownBerlinCT

Parks and Recreation Department 860-828-7009