

# Coming in September!

## Gentle Hatha Yoga

Gentle Hatha-style yoga combines a series of postures with rhythmic breathing for a gentle body-mind workout. Hatha yoga is exercise that develops strength, flexibility and balance while moving slowly. Yoga is a wonderful cross-training tool to continue building strength in ways that traditional exercise cannot. Whether you are new to yoga or a regular practitioner, the class will teach you to honor your body by building awareness through “kind” movement and breath. If you have questions about if the class would be appropriate for you, please contact Constance or Angela.

Thursdays 6-7pm

Beginning September 8th

