

NT RECREATION PRESENTS



## WINTER WARMING YOGA FLOW

Mondays 6pm-7pm

January 12- March 16 – Spruce School Gym

**\$40 NT Residents - \$48 Non-Residents**

**This session consists of 8 classes**

**\*No class on 1/19**

Join us for a rejuvenating & relaxing yoga flow. This all-Levels class will provide students with basic knowledge of yoga, breathing techniques & mindfulness as we work through traditional Hatha style yoga with a bit of Vinyasa flow.

Please bring yoga mat, water bottle, a small towel, and a block, strap or another prop if they would like. Some props will be available for use. We look forward to practicing with you!

Register on line at [www.NTParksrec.com](http://www.NTParksrec.com)

Or in person at NT Rec. Office 500 Wheatfield St. 695-8520

