

NT RECREATION PRESENTS



WINTER WARMING YOGA FLOW

Mondays 6pm-7pm

January 12- March 16 – Spruce School Gym

\$45 NT Residents - \$54 Non-Residents

This session consists of 9 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

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

