



AUTUMN YOGA FLOW

OHIO SCHOOL

Mondays 6pm-7pm

September 21th- December 14st

Total of 12 CLASSES (no class on 10/12/26)

\$60 NT Residents - \$84 Non-Residents

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. 716-695-8520

