

# Sanbornton Yoga Classes

Summer - Fall Schedule

Sanbornton Town Hall - - - 16 Meeting Hill House Rd. Sanbornton

All Levels Yoga Monday Mornings 8:30-9:45a.m.

Instructor: Maya Hardcastle - Beginning after Labor Day.

Note: No class on Sept. 12<sup>th</sup>.

All Levels Yoga Tuesday Mornings 9:30-10:45a.m.

Instructor: Janice Filter

Note: No class on Sept. 13<sup>th</sup>.

All Levels Yoga Thursday Mornings 9:30-10:45a.m.

Instructor: Janice Filter

All Levels Yoga Thursday Evenings 6:30- 7:45 p.m.

Instructor: Maya Hardcastle

*Well behaved children welcome to morning classes.*

*Please wear comfortable clothing and bring water, a mat, blocks and a strap, we have some loaners.*

**Drop in Cost: \$ 10.00 per class**

**Integrate Mind & Body ~ Increase Flexibility - Decrease Stress ~ Tone Muscle**

**Lose Weight ~ Decrease Risk of Injury - Build Community ~ Find Peace**

**Anyone can practice yoga!**

## **\*\*\* Restorative Yoga\*\*\***

Instructor: Maya Hardcastle - Wednesday August 17<sup>th</sup> 6:30-8:30

Enjoy this time to completely relax with a gentle class followed by an extended guided meditation ... then bask in the benefits. No yoga experience necessary. Please wear comfortable clothing and bring a mat, blocks and strap if you have them. Drop in cost: \$15.00

## For More Information

- Maya Hardcastle [maya@metrocast.net](mailto:maya@metrocast.net) or 832-3980
- Janice Filter [janicefilter52@gmail.com](mailto:janicefilter52@gmail.com) 345-5675

Sponsored by the Sanbornton Recreation Department

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