

Sanbornton Recreation Commission Yoga

January - April 2017

*Classes are taught by Maya Bhatt-Hardcastle and
held at Sanbornton Central School in Room 153 (The Arts Room)*



Gentle Yoga *Tuesday 6:00-7:15 & Saturday 9:30-10:45am

A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Asanas, postures, are practiced at a slower pace with attention to alignment and detail. Recommended for all levels looking for a soothing, relaxing, and restorative experience, especially those newer to yoga or working with special concerns or injuries. Maya's approach is inclusive, offering a range of adaptation to fit everyone's needs and abilities.

***Tuesday Classes**

Session I - January 31 February 14, 21 **[NO CLASS 2/7 or 2/28]***

Session II - March 7, 14, 21, 28 April 4, 11, 18, 25

Saturday Classes

Session I - January 7, 14, 21, 28 February 4, 11, 18, 25

Session II - March 4, 11, 18, 25 April 1, 8, 15, 22

**This class has replaced Thursday Core and Restore. We apologize for the sudden change. For those who purchased a session, please feel free to make up missed classes on Saturdays or in the next session or request a refund for remaining classes.*

Cost: \$70.00 per 8 Week Session

Seniors : 55+ : \$40 per Session. Drop-In \$10.00 per class - Seniors \$6.00

Please register for session 1 by December 27, 2016 To register please contact Maya or Sanbornton Recreation .

Please wear comfortable clothing and bring water, a mat, blocks and a strap.
(A limited number of loaners are available.)

Instructor information : Maya Hardcastle maya@metrocast.net or 832-3980

All other inquires contact: Sanbornton Recreation 286-2659 Email: sanbrec@metrocast.net

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