

INTERMEDIATE YOGA

All Levels



(Mondays 12-1PM) March 4-April 8, 2019 (6 weeks)

(Mondays 11-11:45 AM) April 15 (No Class April 22, No Class May 27) - June 3, 2019

Bedford Town Hall

COST: Bedford Resident \$70/Non-Residents \$80

INSTRUCTOR: Christopher Watt, Power Yoga 200HR Certification, 2011 & Yoga Therapy 500 HR certification, 2015

A continuous hour long yoga flow, linking postures through movement and breath. Modifications and adjustments will be offered.

All levels welcome; though previous experience is recommended.

Bring your own mat, a yoga block and strap are recommended.

TO REGISTER: Please call the Recreation Department @ 472-5242 or register online at www.BedfordRecOnline.com

DEADLINE TO REGISTER: February 25, 2019