



YOGA BASICS

Find Balance. Breathe Deep. Be Present.

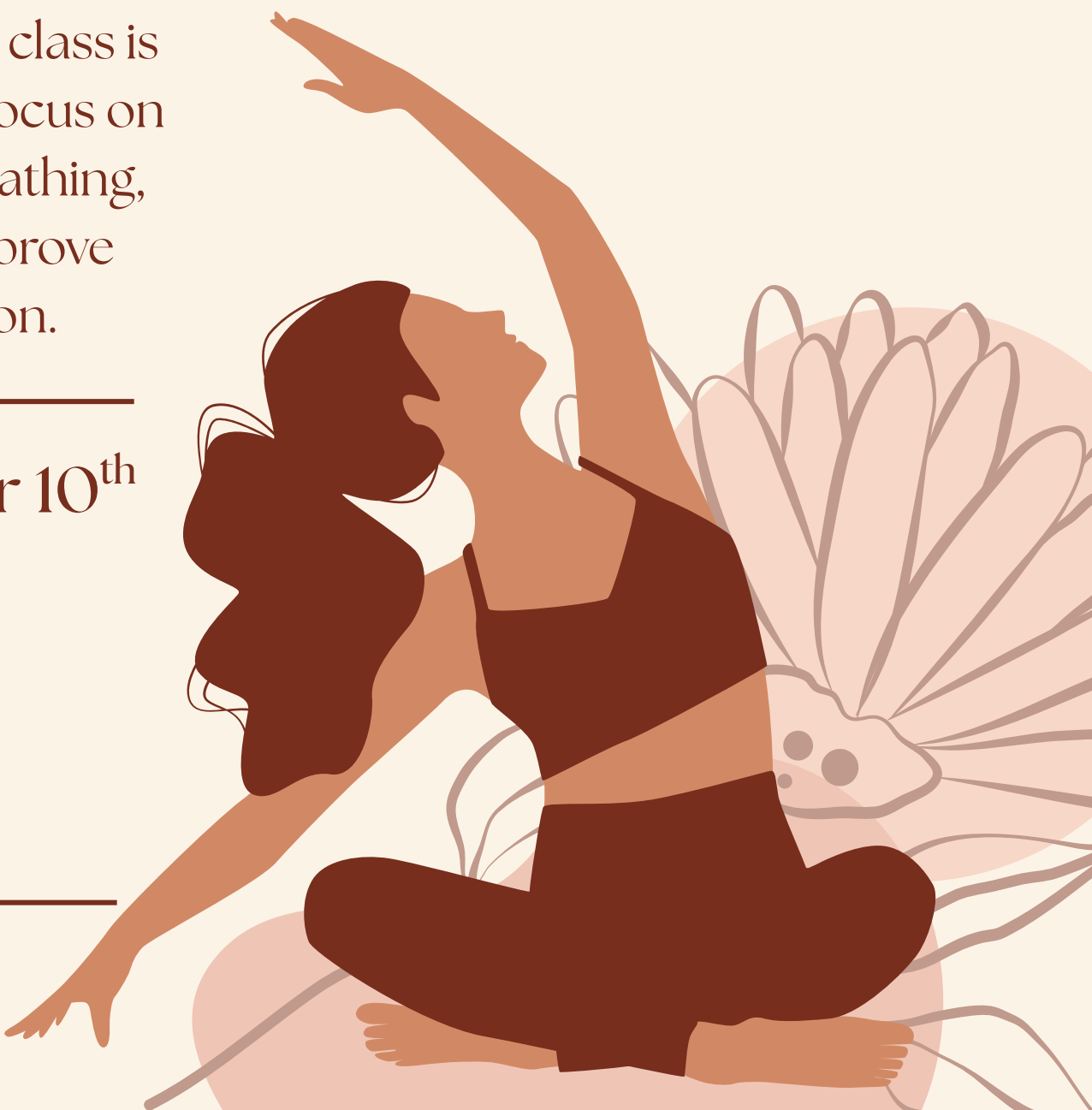
5th – 8th Grade

Slow down, breathe deeply and embrace the cozy spirit of the season. This beginner friendly fall yoga class is designed for all levels. We will focus on gentle movement, mindful breathing, and simple poses that help improve flexibility, balance and relaxation.



October 6th – November 10th

- Tuesdays
- \$25.00 Fee
- 2:45pm - 3:45pm
- At OSPR



For more info or to register please visit:

Visit: oldsaybrookrec.com



LYT YOGA ✨

Find Balance. Breathe Deep. Be Present.

AGES 18+

Reconnect your mind,
body, and breath through
guided yoga sessions in a
calm and nurturing
environment.

Our Classes

- Sunday's June 21st - August 16th
- 9:00am - 10:00am
- \$60.00 fee
- The Vicki G. Duffy Pavilion
- Instructor: Thia Wrightsman



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