

Yoga at Northwest Park

WEDNESDAYS, MAY 29, JUNE 5, 12, 19 & 26

TIME: 6:30 PM TO 7:45 PM

COST: \$10.00 WINDSOR RESIDENTS

\$15.00 NON RESIDENTS



We will be doing basic yoga poses, modifications and simple yoga flows. A great way begin your summer journey to optimal health!

NORTHWest
PARK Windsor, Connecticut

All levels welcome!

Don't miss enjoying yoga at this beautiful gem of Windsor. Bring a mat, blanket and block (if you have one). We will meet at the Nature Center.



In the event of inclement weather, the class will be held in the nature center.

Register on-line at www.townofwindsorct.com/recreation.
For more information, contact Northwest Park at 860-285-1886.
Northwest Park is located at 145 Lang Rd. Windsor, CT 06095