

FREE MONTHLY Yoga Class FOR VETERANS



Join Yoga Mike for a rejuvenating yoga class tailored specifically for US military service members, veterans, and caregivers.

Come unwind, strengthen your body, build resilience, and find inner peace through mindful movement and breath work.

Individuals of all levels and abilities are welcome

Experience the healing benefits of yoga as we honor and support our military community.

Tuesday April 23
6p-7p

Tuesday May 21
6p-7p

Tuesday June 18
6p-7p

Tuesday July 16
6p-7p

Tuesday August 13
6p-7p

Tuesday September 10
6p-7p



Registration
townofwindsorct.com/recreation/
or call
860-285-1990

Ballet Room
LP Wilson
599 Matianuck Ave