

## *-Vinyasa Yoga-*

Learn to move gently with your breath through yoga poses, stretching. Beginners welcome. Try the first class at no charge. Call 377-7795 for registration information.



Monday and Wednesday evenings

5:30-6:45

The Activities Center Studio at Crandall Field

Hopkinton Residents

\$32/month-Unlimited

Non Residents

\$36/month-Unlimited

