

Yoga for Every-Body



Join us for yoga @ The Hampden Public Library

1st, 2nd & 3rd Thursday nights 6:00 p.m. – 7:00 p.m.

January: 3rd, 10th & 17th

February: 7th, 14th & 21st

Wear comfortable clothing and bring a mat, but if you don't have one, yoga mats are available for use during the class.

This class is free and open to the public.

"This class is done at a pace to allow explanation as you learn the practice. We will build a strong and safe practice with emphasis on breath and alignment. Yoga can help build a healthier spine, a stronger and more flexible body and mind, so you can have a stable and balanced foundation from which to live life! Beginners to experienced students will benefit from this class."

Instructor – Sue Kent