

# *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.*

**May: 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup>**

*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*