

FREE



EVERY 4TH
SATURDAY
OF THE
MONTH
AT 11:15AM

CLASS

CHAIRS ARE PROVIDED. PLEASE WEAR COMFORTABLE CLOTHING, IN LAYERS, FOR WARM AND COOL CONDITIONS. ELASTIC WAISTBANDS ARE IMPORTANT SO THERE IS NO BREATH OBSTRUCTION. SNEAKERS ARE GOOD, AND SHOES MAY STAY ON DURING PRACTICE. IF YOU HAVE YOGA BLOCKS, PLEASE BRING THEM. NO MAT IS NEEDED.

Call Beth C. Wright Cancer Resource Center
207-610-5152 for information