

YOGA



Milford Recreation Department

Town Hall ~ 1 Union Square

603-672-1067 ~ nbanks@milford.nh.gov

Fitness Yoga Classes

Relax ... mind, body & soul!

Barbara Landry, certified YogaFit instructor, joins us to present
community Fitness Yoga Classes.

During fitness yoga participants are guided through a series of postures designed to purify the body and provide physical strength. Modifications are shown to accommodate all levels. Yoga releases tension in the neck, shoulders, lower back and hips. Yoga can help manage stress and maintain a healthier balance.

WHO: Milford Adults

WHERE: Milford Town Hall, 3rd Floor Auditorium (Use Middle St. Entrance)

COST: Free

WHEN: Thursday evenings May 18 – July 6

TIMES: 5:30 – 6:30 p.m.

TO BRING: Yoga mat or beach towel, water bottle, & wear comfortable clothes

The classes are free and space is limited to fifteen participants. Please [call the Recreation Department 672-1067 to pre-register](#) while space is available!