

Restorative Yoga Series

DATES:

October 15 & 29

November 5

December 10

TIME:

2:00pm-3:30pm

COST:

\$10:00 per session



Open to the public, Class is limited to 16 participants per session

Join Yoga Master Barbara Duncan for a Restorative Yoga session. Sessions are targeted to relax & regenerate the mind & body. Come learn to practice stillness while supporting the body in gentle poses.

Wear comfortable clothing & bring: A yoga mat, 1-2 bed pillows, 2 small blankets, throws or something to use to cover up with to keep warm & to place on top of your yoga mat for cushioning.

Registration is now open. SOMC LIFE Center Portsmouth. Registration is on a first come first serve basis. No waiting list will be created.

*Contact Debbie Kielmar
Group Fitness Supervisor @
740-356-7391 for questions.*



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Very Good things are happening here