TOWN OF BROOKHAVEN
DEPARTMENT OF PARKS, RECREATION & SPORTS, AND CULTURAL RESOURCES

YOGA

BEGINNER & INTERMEDIATE

This class offers a balanced approach to yoga consisting of physical postures, breathing exercises, and relaxation to help restore physical, mental and emotional health and well-being. Wear comfortable clothing and bring a mat, blanket, or pillow to sit on.

ROBERT E. REID, SR. RECREATION CENTER
DEFENSE HILL ROAD & ROUTE 25A
SHOREHAM, NY 11786

$45.00 PER 8-WEEK SESSION

Mondays | 5:45PM - 6:45PM
February 3, 10, 24
March 2, 9, 16, 23, 30

Pre-register by
Thursday, January 30, 2020

Call 631-744-2601
for more information or to register

*Acceptable payments include check, money order & credit card.
*No cash payments accepted.
*All cancellations, except by the Town, are subject to a 15% administrative handling fee.

Visit us on the web:
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