



# YOGA CLASS

Town of Colden Adult Recreation

Shanti yoga with Danielle is a gentle all levels yoga class that focuses on breath awareness, alignment , and body awareness. A full guided relaxation at the end of each class can help you to consciously rest and unwind before you move on to whatever life brings to you when you step off of your mat.

Wednesdays at 7:00 pm 3/27-5/1/24 \$65 for a 6 week session	Colden Senior Center 8811 State Rd. (across from Town Hall)
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Registration starts on 3/4 at Colden Town Hall. A minimum of 8 registered participants are needed to run the class. Payment is due at the time of registration. You will not receive a confirmation email-we only contact you if we have to cancel. Please bring your own mat and block if you have one. Class is for adults and teens age 16 & up.

# Town of Colden Adult Recreation

## Yoga

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Join us for a six week Yoga session. Bring your own mat and block if you have one.  
Class is for adults and teens age 16 & up.

When: Wednesdays,  
March 27th-May 1st  
Time: 7:00 pm

Where: Colden Senior Center  
Cost: \$65

A minimum of 8 registered participants are needed to hold the class. Registration begins on 3/4/24. Payment can be made to Colden Recreation and is due at the time of registration.

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## Yoga

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Paid cash \_\_\_\_\_ check \_\_\_\_\_

Yoga experience: Beg. \_\_\_\_\_ Int. \_\_\_\_\_ Advanced \_\_\_\_\_