

Newton Parks and Recreation Department along with the Council on Aging will be offering:

Yoga for Seniors 55 & Older

Thursdays,

May 5, 12, 19, 26, 2016

10:00 a.m. - 11:00 a.m.

Lower Level of

Newton Recreation Center

Cost: \$3.00 Per Person

The class will introduce participants to basic postures and techniques used in Yoga to relax the body and calm the mind. The instructor will provide individual attention to physical limitations presented by each class member and will offer alternative movements to prevent any discomfort.

For further information, contact the Newton Recreation Department at (828) 695-4317 or visit www.newtonnc.gov