

# BERLIN PARKS AND RECREATION DEPARTMENT



## YOGA

Classes are held at the  
Berlin Community Center, 230 Kensington Road, Berlin

Instructor is from Personal Euphoria in Wethersfield

Registration has started for residents, non-residents can register starting on  
Monday, August 31

**All Level Yoga** - Unwind and recharge your batteries as you surrender into yoga poses designed to strengthen your core, build stamina and increase flexibility. Class will focus on connecting breath with movement and simple mindfulness practices. Different variations of poses are offered, making this class fun, safe, and challenging for all levels. Please bring a mat, a water bottle and any props (pillow, yoga block, blanket, etc.) that will add to your comfort. Mixed Level Class.

**Monday nights** for 11 classes from 5:30 - 6:15 p.m.

September 14 through December 7, (no class 10/12 or 11/30)

Fee is \$88 for residents and \$98 for non-residents **Program #334301A**

All participants must sign or have a COVID waiver on file with the Department, waivers will be emailed once you register. Participants will be required to wear a mask if a minimum of 12 feet cannot be maintained between participants.

***You can register on-line through our WebTrac program. On-line registration is only available up to the last business day before the program starts. Registration forms are available on the town's website [www.town.berlin.ct.us](http://www.town.berlin.ct.us) to mail in or to register in person. If registering in person, please call the Department, 860-828-7009, to make an appointment.***

***Town Facebook page [www.facebook.com/TownBerlinCT](https://www.facebook.com/TownBerlinCT)***

***Parks and Recreation Department 860-828-7009***