



Hatha and Flow Yoga:

Charlton Community Center
4 Dresser Hill Road
in the Upper Barn

Please bring a yoga mat, blanket or pillow for support/relaxation if desired, and do not eat heavily 1.5 hours prior to class.

Classes

- Winter I:** January 2 – February 13, 2012 (Mondays)
5:30 - 6:45 pm Traditional Hatha Yoga for Adults
7:00 - 8:15 pm Flow yoga (vinyasa style, faster pace, more difficult postures)
Cost: \$56 for 7-week session or \$10 drop-in per class
- Winter II:** February 27 - April 9, 2012 (Fridays)
12:30 p.m. – 1: 45 p.m. Traditional Hatha Yoga for Adults
Cost: \$56 for 7-week session or \$10 drop-in per class
- Spring:** April 27 – June 13, 2012 (Fridays)
12:30 p.m. – 1: 45 p.m. Traditional Hatha Yoga for Adults
Cost: \$64 for 8-week session or \$10 drop-in per class

Instructor: Linda Davis, CYT
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www.yogatimecharlton.com