

Yoga



Adult Yoga— all levels

Lori Card has been teaching yoga in Holderness for almost a year now. She has a wonderful personality and truly enjoys sharing yoga with us. She is currently offering adult Yoga for all levels on Wednesday evenings 5:30-6:45 and Tuesday & Thursday mornings 9—10:15. Classes are on going. A punch card for 6 classes is \$60 or \$12 drop in.

Class is held at Town Hall

Children & Family Yoga:

Lori is also offering children's / Family yoga on Wednesdays from 4:15—5:15.

Come together in a lighthearted environment for individual, partner and family yoga fun! Age and developmentally appropriate yoga poses, animated breathing exercises and soothing relaxation techniques awaken the inner-child of all age participants. Laughter and love fill each class and is sure to inspire the entire family's relationship.

The cost for this class is \$8 / pp / class

