



Yoga

Adult Hatha Yoga

all levels

Lori Card has been teaching yoga in Holderness for over four years now. She has a wonderful personality and truly enjoys sharing yoga with us.

Hatha is a more relaxed, moderate-paced practice that includes breathing and meditation exercises; emphasizes breathing, strength and flexibility.

Classes are held on Wednesday evenings 5:30-6:45 and Tuesday & Thursday mornings 9—10:15. Classes are ongoing. A punch card for 6 classes is \$60 or \$12 drop in.

Classes are held at Holderness
Town hall.

More information? Visit www.holderness-nh.gov,
email recreation@holderness-nh.gov, or call 968-3700