

Yoga Foundations



Sponsored by :

Clinton Parks and Recreation

Drop-In Classes Begin February 1st on Wednesday's from 6pm - 7pm Fee is \$10

With Instructor Wendy Baier

For all levels of experience including new to Yoga.

**Participants should bring a mat, a towel, water and if they have any props
(blocks and/or straps)**

Held at the Indian River Complex building located at

201 Killingworth Turnpike Clinton, CT 06413

860-669-6901



For more information on additional programs please visit us

ONLINE at <https://parkrec.clintonct.org>