

*Twin Bridges*  
Nurse Practitioner-Led Clinic

Clinique dirigée par du personnel  
infirmier praticien **TWIN BRIDGES**

## *Morning Gentle Yoga*

*April 7 - 28, 2025*

*(3 classes)*

*Mondays, 10:00-11:00am*

*\*No Classes Easter Monday – April 21\**

*Twin Bridges NP-Led Clinic*  
*(Program Room - Front Street Entrance)*

*A beginner-intermediate level yoga program. Exercises will be performed both on a mat and on the floor. Each session will include a combination of exercises to improve alignment, flexibility, balance and strength.*

*\*\*Please bring your own yoga mat and water.\*\**

***NOTE:** you must be able to kneel and get up and down from the floor in order to participate in this class.*

*Register at [www.twinbridgesnplc.com](http://www.twinbridgesnplc.com)*