

Twin Bridges
Nurse Practitioner-Led Clinic

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

Morning Gentle Yoga

December 2nd – 16th, 2024

(3 classes)

Mondays, 10:00-11:00am

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