

**YOGA INSTRUCTOR, STACEE SCHNURR IS
NOW OFFERING**

Virtual Yin Yoga

SATURDAYS

FALL SESSION 1: OCTOBER 10 - NOVEMBER 14

FALL SESSION 2: DECEMBER 5 - JANUARY 23

(NO CLASS 12/26, 1/2)

10:30 A.M. - 11:30 A.M.

\$50 RESIDENT / \$60 NON-RESIDENT



Join us for a slow-paced, gentle style of yoga where passive poses are held for longer periods of time getting into the connective tissue (tendons, fascia & ligaments) to increase circulation in the joints and improve flexibility.

Please have a yoga mat, pillow, bath towel and blanket.

Register Online at cromwellrec.com

or call 860-632-3467.

