

Weston Parks & Recreation Department

P.O. Box 1184, WESTON, CT 06883 Tel. 203-222-2655

www.westonct.gov - Parks & Recreation

LOCATION: 47 NORFIELD RD. (CORNER OF ROUTE 57 & NORFIELD RD.)

BEGINNER YOGA

FOR ADULTS

Class designed with beginner Yoga in mind. The focus is an introduction to the basic Yoga poses. Students will learn how to connect the poses through attention to breathing. This is a wonderful class for stress relief and overall relaxation (treat for athletes who would like to work on flexibility and build strength in muscles not normally used in their sport choice).

DAY/DATES: Tuesday, Oct. 2, 9, 16, 23, 30, Nov. 6, 13, 20 & 27

Thursday, Oct. 4, 11, 18, 25, Nov. 1, 8, 15 & 29 (No class 11/22)

TIME: 7:00 p.m. – 8:00 p.m.

LOCATION: Hurlbutt South House All Purpose Room

FEE: \$170.00 for seventeen classes. Maximum – 15 Minimum - 6

INSTRUCTOR(S): Pamela Wilson. Email Pamela at pamelajwilson@hotmail.com

REGISTRATION: Online Registration or Walk in: Begins on Wednesday, September 12th at 12:01 a.m. at www.westonct.gov. Payment made by credit card only online.

In person registration: Begins at 9:30 a.m. in the Recreation office.
Payment by cash or check only, payable to: "Town of Weston".

Early registration is encouraged and recommended. This program will fill up quickly. Prior to registration online make sure you have your Web Trac user I.D. and password setup. If you already have an account, make sure your information has been updated (i.e. address, grade, age, etc.)