

Gentle Yoga/Pilates Fusion with Michelle Caron

Join us for a fun Hatha/Ashtanga/Pilates fusion that is appropriate for complete beginners through intermediate levels of experience with yoga and/or Pilates. Safe for those with injuries, each hour-long class will offer modifications of poses to those who need them, including for those who are more advanced. Learn to become more self-aware, while gently increasing your level of fitness/flexibility and managing stress in a healthy way. There will be a guided meditation at the end of each class as well, to further enhance your experience with relaxation and listening to your body. For more information about the course instructor, please see harmonywayhealing.com.



Mondays starting October 2

4 Weeks for \$40* 5:00 – 6:00 PM

Class Dates: 10/2, 10/16, 10/23, 10/30

Wilbraham Senior Center



This class is open to all municipal employees, retirees, family and friends in Hampden, Wilbraham, HWRSD, East Longmeadow, Longmeadow, and LPVEC.

***Any town employee who works 20+ hours/week may receive a 40% discount!
Contact Lyn for more info and to register at 896-9080 or lyn@scantichealth.org.**