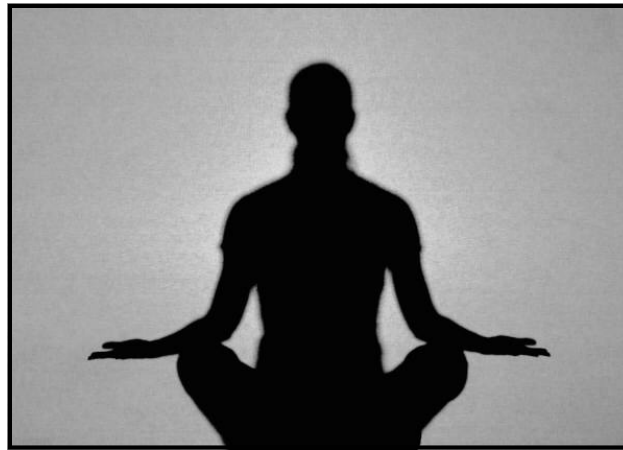


YOGA WITH JOAN

Spring 2010

Yoga with Joan

will begin on Tuesday nights,
March 9, 16, 23, 30, and April 13 and 20
7:00 p.m. to 8:15 p.m.
at the Town Office Building Gymnasium,
110 Main Street, Monson



The 6-week beginner to intermediate session concentrates on increasing strength and flexibility while reducing stress through simple yoga postures.

This program is sponsored by the Monson Parks and Recreation Department and is being taught by Joan Roebuck, Certified Yoga Instructor.

To enroll, or for more information, please call the
Monson Parks and Recreation Department at 267-4105,
Monday through Thursday, between 8:00 a.m. and 12:00 p.m.