

Monson Parks & Recreation Department Presents



ALL LEVELS YOGA

with Laura Mushenko



Beginners Welcome
8 week session, Tuesday evenings
5:45-6:45 p.m.

October 11-December 6 (no class October 25)
at Memorial Hall*
198 Main Street, Monson

\$90 per participant for the eight class series
Bring your yoga mat, comfortable layered clothing, blanket,
scarf or eye cover, and any props that will honor you.

*Because of Election Day at Memorial Hall, November 8's class will be held
at the Silver Street Chapel, 224 Silver Street, Monson.

Pre-register with the Monson Parks & Recreation Department

413-267-4105 • mpr@monson-ma.gov



Teacher Laura Mushenko 500RYT~ For any questions, please contact Laura.
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