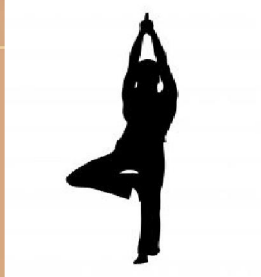


# *Somerset Recreation Yoga Classes*



Mondays,  
March 5th through April 9<sup>th</sup>  
6:30 – 7:30 PM

Old Town Hall  
1480 County St.  
Somerset, MA

Instructed by Barbara Barlow  
a 200 hour registered yoga teacher  
in the Viniyoga tradition.

Cost will be \$40.00 for the 6 week program  
Students should bring a yoga mat, a blanket or larger  
towel, a block and water . Extra mats, blankets and  
blocks will be available. Please wear comfortable  
clothing. The classes will be gentle to moderate level  
focusing on breath & movement.

For more information - contact either  
Somerset Recreation at 508-646-2808  
or email at [somersetrecreation@yahoo.com](mailto:somersetrecreation@yahoo.com)  
or Barbara at 509-930-9070  
or email at [littlehouseyoga39@gmail.com](mailto:littlehouseyoga39@gmail.com)