

# Somerset Recreation Yoga Classes



Viniyoga Classes and Optional Reiki  
Monday Evenings

August 5th, 12th, 19th, 26th

September 9th and 16th

No Class September 2nd

6:30 - 7:45 PM

1480 County Street Somerset, Mass

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

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) for further information