

Milford Recreation presents...

Yogyam

Yoga Classes

with Kathy MacKinnon



Standard/Advance Yoga

Tuesdays 6-7pm Milford Town Hall Auditorium

\$55 Session (6 classes)

\$10 Drop-in Fee

Minimum of 3 Participants

Session Nov 1st-Dec 6th

Session Jan 3rd-Feb 7th

Session Feb 14-Mar 28th

(No Class 2/28)

YOGYAM yoga Tula (Balance) Flow you will gain strength, flexibility, and manage stress with this beneficial class. The yoga flow consists of 38 poses where one improves balance and manages breathing to maximize the benefits of each pose. The class is ideal for 18+yrs, previous yoga experience is helpful.

Beginner Yoga

Wednesdays 2-3pm Milford Town Hall Auditorium

\$55 Session (6 classes)

\$10 Drop-in Fee

Minimum of 3 Participants

Session Nov 2nd-Dec 7th

Session Jan 4rd-Feb 8th

Session Feb 15-Mar 29th

(No Class 3/1)

YOGYAM means “state of perfect well-being.” YOGYAM Yoga practice is a holistic & therapeutic approach for keeping both the mental and physical body healthy. Regardless of age or mobility, anyone can practice YOGYAM Yoga’s gentle Tula (balance) flow. This class is ideal for beginners and aims to strengthen bones & muscles; improve balance and create equilibrium throughout the body.