

Mootpostures Yoga

Need to recover your flexibility and relieve stress or restart your yoga practice? Come to Mootpostures yoga class to learn gentle stretching, a more active phase of standing postures, and relaxation and guided meditation. Hatha and Vinyasa yoga forms are part of this practice. Bring a mat, blanket and an open mind to begin your New Year.



Tuesdays at the Fretterd Community Center January 10 - February 14
from 10:30 - 11:30 a.m. Open to ages 18 +. Cost is \$79.



Caroline County
Recreation and Parks
Bringing the Community Together

107 South 4th Street
Denton, Maryland 21629
410-479-8120 • 410-479-4194 fax
www.carolinerecreation.org
recinfo@carolinemd.org

Mootpostures Yoga

Name _____

Address _____

Phone _____

Cell _____

Email _____

Birthdate _____ M F

Method of payment

Visa AMEX
 Discover MasterCard
 Cash Check made payable to:

Credit Card # _____

Exp.date _____ CVV _____

Signature _____

Add \$5 for out of county