

WEST TISBURY PARKS AND RECREATION  
FALL SESSION OF

# *Adult Yoga Classes*

**With Carol Aranzabe**

*Trained and certified Kripalu Yoga Teacher & Body Worker*

**Tuesdays 5:30 - 7:00 p.m.**

**September 29, 2009 - November 17, 2009**

Parish Hall, West Tisbury Congregational Church

*Explore Yoga postures, meditation. & breathing techniques.  
Stretch, tone, & strengthen muscles while increasing stamina and  
flexibility.*

**Classes are open to West Tisbury residents. Fee is \$20  
Space is limited; To register please call the  
Parks and Recreation office at 696-0147**