

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.

October 18, 2011 – December 6, 2011

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 \$25
Space is limited; To register please call the
Parks and Recreation office at 696-0147**