

Morning Hatha Yoga

Saturdays

Session 1: March 14- May 16 (No class 4/18 or 5/2)
9 AM-10 AM

**Please note: Some Saturdays may be unavailable due to other events at Community Hall. Registrants will be emailed these dates ahead of time.*

Join Worcester resident Ash Aragam as you enjoy beginner's Hatha Yoga! Learn basic poses and alignments of this ancient and popular practice! No experience needed. Please wear loose-fitting, comfortable clothing, and bring your own mat.

- Where: Worcester Township Community Hall
- Price: \$5 for residents/\$7 for non-residents. This fee is for one entire session!
- To register: fill out a Recreation Activity Form online at www.worcestertwp.com/departments/parks-and-recreation and return it to the Township Building (1721 Valley Forge Road, Worcester, PA 19490).

Questions? Please contact Steven Heintz, Recreation Coordinator, at sheintz@worcestertwp.com.