



Sanbornton Recreation offering Yoga Classes

Friday Mornings at 10:00am at the Sanbornton Public Library

Instructor: Janice Filter

Classes will be offered in monthly sessions, drop-ins are welcomed.

❖ Session One: October 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>.

Cost: \$25.00 for all 4 weeks or drop in cost: \$ 10.00 per class

❖ Session Two: November 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup>

Cost: \$18.75 for all 3 weeks or drop in cost: \$10.00 per class

❖ Session Three: December 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup>.

Cost: \$ Cost: \$25.00 for all 4 weeks or drop in cost: \$ 10.00 per class

Please wear comfortable clothing and bring water,  
a mat, blocks and a strap, some loaners are available upon request.

To register please contact the instructor Janice Filter

Email: [janicefilter52@gmail.com](mailto:janicefilter52@gmail.com) Phone: 345-5675 as space is limited 12 per class.

All other inquires contact: Sanbornton Recreation: 286-2659/393-6665

Email: [sanbrec@metrocast.net](mailto:sanbrec@metrocast.net)