

NHHS PTSA Yoga Class at Valley Crest Farm and Preserve

All ages and levels are welcome!



WINTER CLASS SCHEDULE

MONDAY	TUESDAY	THURSDAY	SATURDAY
9:15AM Dynamic Flow The Farm 90min	9:30AM Graceful Flow with Maria The Studio 90min	9:30AM Graceful Flow The Studio 90min	9:15AM Intensity The Farm 120min
7:15PM Candlelight Flow The Farm 75min	6:15PM Evening Flow The Farm 75min	6:15PM Starlight Flow The Farm 75min	



In partnership with NHHS PTSA, Yoga at the Farm invites all community members to any class on the schedule for **\$5 per person.**

Proceeds support PTSA student events.

➔ To register email instructor Lisa Perry, lisa@yogaatthefarm.org.