



# *KRIPALU*

# *FLOW YOGA*

*AN INVIGORATING, YET RELAXING YOGA CLASS*

ROBYN ANDERSEN, INSTRUCTOR

There are so many benefits to Yoga including:

Increased flexibility, and energy

Increased muscle strength and tone

Protection from injury

Reduced Stress

Participating in Yoga can help maintain the body's metabolism while supporting the cardiovascular system and keeping a healthy immune system

Monday evenings  
6:30-7:30pm

November 11th-  
December 16<sup>th</sup>

Fitzwilliam Town  
Hall (Upper Hall)

\$5/class

Bring a yoga mat,  
towel, and water  
to hydrate. Wear  
comfortable  
clothes.

**SPONSORED BY:**

Fitzwilliam Recreation  
Department.  
585-7270

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