YOGA AT THE NO.BERWICK COMMUNITY CENTER

TUESDAYS AND THURSDAYS 9-10AM

STARTING APRIL 28TH

COME LINK MIND, BODY AND BREATH

COST $8 AGES 18+

ARRIVE 10 MINS EARLY TO SIGN UP

TAUGHT BY MANDY NICHOLL RYT 200HR

MANDYNICHOLL@AOL.COM 207-608-5019

Vanillapen