



# Yoga

with Nancy

**Heal the Body.  
Heal the Mind.**

*Nancy Damboise, Certified Yoga Instructor*

*Quiet Your Life...*

**Days:**

Tuesday & Thursday Evenings

**Class Time:**

6:15pm to 7:15pm

**Location:**

At the Deerfield Town Hall

**Cost:**

\$50 for a 6-Week Session  
(cost includes 2-classes per week)  
Or \$10.00 per Drop-In

**Join Us!**

Yoga not only reduces stress, but it strengthens the body & mind as well.

Mats will be provided by the Instructor.

**About Instructor:**

Nancy has been working in the field of health & wellness since 1998 as a physical therapist assistant and brings her knowledge of anatomy to her classes. She teaches a gentle Hatha Yoga style, with an emphasis on relaxation, but also enjoys adding in other styles; including Yin & Vinyasa.

**Brought to by:**

Deerfield Parks & Recreation  
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