

Yoga with Nancy

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



Nancy Damboise, Certified Yoga Instructor

Quiet Your Life...

Days:

Mon & Weds. evenings

Class Time:

6:00pm to 7:00pm

Location:

At the Deerfield Town Hall

Cost:

\$60 for a 6-Week Session
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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