



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION



Yoga!

off the mat

Discover the Kool Karma
of Yoga with:

Movement,
Relaxation,
& Art Activities

*Yoga can be as vigorous
or easy as you make it . . .
it's a good choice
for every BODY!*

*Dress comfortably!
Stretchy pants or shorts,
t-shirt or sleeveless top*



• Thursdays, 2/11-3/11

• 3:30 - 4:30 pm

• Grades 5 - 8

• Contact Seth Hickey,
Epping Recreation Dept.
at 679-3301 to register