



TRURO RECREATION

is proud to present...



Hatha Yoga

with Christel Pierron LMT, CYT

Offering a refreshing and inspiring flow of Hatha Yoga influenced with several yoga styles

***Relax Stretch Energize Rejuvenate
Breathe Flow Align Expand***

Summer Schedule: July 2 - September 3
Sunday |Wednesday| Friday

10:00 am- 11:30 am

TRURO COMMUNITY CENTER
(near North Truro Public Library)

Classes are open to **all levels**
Drop-in welcome \$15
mats available

For more information:

Truro Recreation 508.487.1632
www.truro-ma.gov/recreation

Christel Pierron 508.280.2918
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Private instruction and bodywork