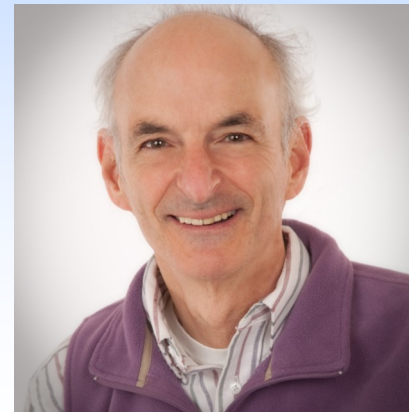


SPRING FORTH WITH YOGA!

A free four-week series taught by

Phil Milgrom CSYT

Co-Director of The Centered Place



Thursdays March 25 - April 15, 4 - 5:30 pm

Presented at The Centered Place and also via



- Let yoga melt away tension carried over from the winter
- Reduce stress from hardships brought about by the pandemic
- Learn simple poses and moves to improve flexibility, agility, balance and poise
- Take care of back aches, neck and shoulder tension, and poor digestion
- Learn to relax and breathe more easily
- Put **spring** in your step and hope in your heart

Yoga is a clinically tested tool for reducing stress and improving your well being.

To register, call the Warren Public Library at 413 436-7690 or email warrenpubliclibrary@hotmail.com. Indicate whether you want to attend in person at The Centered Place or from your home via Zoom.

This event is free and for all ages, 15 and up.

Sponsored by the Warren Public Library with a grant from the Warren Cultural Council, a local agency supported by the MA Cultural Council, a state agency.



Massachusetts Cultural Council

THE CENTERED PLACE YOGA STUDIO
Voted best yoga in the area by Sturbridge Times readers

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