



Yoga with Louise



Yoga is a joyful practice that connects
the body, mind, and spirit.

This is a chair-based class with the option to work
on supported standing balance.



Tuesday, November 18th and 25th at
9:00am and 10:00am at the Holland Street Center.
No classes on November 4th and 11th

For more information contact Michelle at
617-625-6600 x2315



**Persons with disabilities who need ADA accommodations to access this program, please
contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.**

The City of Somerville can provide you with an interpreter in your language for free.

To request an interpreter, please contact us at languageaccess@somervillema.gov
or call 311 (617-666-3311) at least 7 days in advance of this event.