



# 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.



Tuesdays at 9:00am and 10:00am at the Holland Street Center, no classes on April 21<sup>st</sup>

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](mailto: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](mailto:languageaccess@somervillema.gov) or call 311 (617-666-3311) at least 7 days in advance of this event.