



# Yoga with Michelle



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.



**Every Tuesday in August at 9:00am and 10:00am  
at the Holland Street Center  
Michelle will teach all classes**

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



**Persons with disabilities can request accommodations to access the programs, activities, and meetings of the City of Somerville by contacting the ADA Coordinator at 617-625-6600 x 2059 or [ADA@somervillema.gov](mailto:ADA@somervillema.gov) in advance of the event.**

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.