



Eastern Flow in the Park



Enjoy exercising in nature in this Outdoor Eastern Flow class!

Connect mind, body, and spirit while getting into a state of Flow. Finding flow moves us toward finding an effortless clarity and euphoria that can transform lives. Traditional Eastern movements from martial arts and nature are explored, but in a modern way. Music is used to enhance enjoyment and aid in movement flow. This class is community oriented with a supportive, non-competitive environment. All movements are easily adaptable and can be done standing or seated.

Five week program on Friday, September 18th and 25th, and October 2nd, 16th and 23rd at 9:00am, no class on Friday, October 9th.

Meet at the Tufts Basketball Court at Lou Ann David Park next to the Holland Street Center. Class is held indoors if inclement weather.

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

This program has been implemented as a result of the Aging in Somerville Community Needs Assessment. It is thanks to feedback from our community that we are able to offer programs to help older adults continue to age well in Somerville.



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 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 or call 311 (617-666-3311) at least 7 days in advance of this event.