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, December 1st, 8th and 15th
at 9:00am and 10:00am at the Holland Street Center.
No classes on December 22nd and 29th

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 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.

JAKE WILSON
MAYOR