



# Simply Yoga

## MVP Well-Being Program Winter 2018

Simply Yoga is a yoga class for all levels that fosters health and wellness in your body, mind, and spirit. Through movement and meditation, you will stretch and strengthen your body, ease your mind and find a sense of peace in your heart.

### **Session One**

**Tuesdays, January 16–February 6**

**5:30–6:30 pm**

### **Session Two**

**Tuesdays, February 27–March 20**

**5:30–6:30 pm**

### **Town of Brighton Recreation Center**

**220 Idlewood Road, Rochester**

**This series is open to all MVP members and Town of Brighton Employees, FREE of charge!**

**Maximum of 25 participants**



In partnership with

