

Good News! Beachfront Community Yoga Continues!



AT RICHMOND TOWN BEACH

Town Beach Road

Saturdays thru August 9:00am - 10:00am

- **Led by Certified Yoga Instructor: Linda Mitchell (413-212-2931)**
- **Bring your own yoga mat and water bottle.**
- **Donations accepted (\$5-\$10)**
- **Refreshments provided by Richmond Pond Association**
- **FYI: Accessible: portable restroom and benches on the grass**

ALL ARE WELCOME!

Linda incorporates a variety of standing, seated and reclining postures/poses. Wherever you are, is where you begin your practice. We hope to see you there!