

Good News!
Beachfront Community Yoga Will
Continue Through the Summer and
into the Fall



AT RICHMOND TOWN BEACH

Town Beach Road

Saturdays 9:00am - 10:00am Weather Allowing

- 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!