

# Beachfront Community Yoga



***RICHMOND TOWN BEACH***

***Town Beach Road***

**Saturdays in June 9:00 - 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

We will incorporate a variety of standing, seated and reclining postures/poses. ALL ARE WELCOME! Wherever you are, is where you begin your practice.

