



Adult Yoga Classes with Debbie Broadman

Begin the week or weekend with a yoga practice that restores well-being into your life. Yoga's many benefits include improved flexibility, muscle strength, preventing cartilage and joint breakdown, increased bone health, as well as increased focus, balance, self-esteem and inner strength. Classes begin with short meditation, a warm up, yoga poses and relaxation at the end of class. Debra Broadman has over fifteen years of experience empowering her students while she has also specialized in working with addiction and PTSD students. All levels are welcome, registration is ongoing at montvalerecreation.org or at each class.

Classes take place in the Montvale Community Center located at 1 Memorial Drive

Mondays 7:00-8:00pm

Beginning April 8

4-Week Sessions Ongoing

RESIDENT Fee: \$40 Non-Resident Fee: \$50

Registration: MontvaleRecreation.org