


2017 Yoga on the Beach Recreation Department, Town of Franklin, MA



Note: This summary is provided by 02038.com to give you an overview of some of the programs offered by the Recreation Department of the Town of Franklin, MA. To sign up for a program offering, please use the following hotlink to [reach the Recreation Department](#) directly or call (508) 613-1666.

Yoga On the Beach

Let go of your busy week and gift yourself an hour of yoga on the beach. While surrounded by the vastness of the sky and the sound of water, let stress flow away and clear your mind. Learn how to regulate breathing and activate a feeling of serenity at the same time as you strengthen and tone your body through gentle yoga asana. All levels welcome. This class will be held at Beaver Pond. If you have any questions please contact the instructor, Jo Ann at lalibert1@comcast.net

Class Name	Date/Time	Capacity	Availability	Fee	Sign Up
July 9- August 6 2017	07/09/2017 to 08/06/2017 Sun 8:00am-9:00am	50	45	\$0.00	
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