



Drop-In Fall Program

Wednesdays

7:00-8:00 a.m.

October 24, 31; November, 14, 21, 28; December 5, 12, 19

(no program November 7)

Adults, ages 16 and over

Prospect Hill Park, 314 Totten Pond Road

Instructor: Sarah Perciaccante

Vinyasa Flow with Sarah is for beginner to intermediate practitioners.

This class has been uniquely designed to teach and challenge the basics while working on conscious breathing techniques. Our sequence is built upon the fundamentals of strengthening and stretching while promoting healthy postural awareness throughout your body. Build upon the foundation of your practice, and connect into your personal pace for this 60 - minute class.

