

Cambridge Youth Programs /DHSP

Free for all residents of Cambridge!

Russell Youth & Community Center

680 Huron Avenue, Cambridge-- across from the Golf Course.

FREE YOGA- Classes for Adults



Weekly 60 minute classes - 9 weeks - 6:00pm - 7:00pm

Winter Session 2017

Intermediate Class

Thursday Nights

January 26 , February 2, 9, and 16,

March 2, 9, 16, 23, and 30th (Meets once a week)

Beginner class

Friday Nights

January 20, February 3, and 17, March, 3, 17, and 31

(Meets every 2 weeks)

Classes are slower moving **vinasa** style (linking breath and movement) with a focus on alignment. -Beginners are welcome- We have a limited amount of yoga props available. Please bring a small towel, water and mat

(If you have one). For more information, call, Jennifer Miles (Instructor) 617-501-4402

or Special Projects Manager Patricia Bradshaw 617-498-1289 or email @ pbradshaw@cambridgema.gov

Cambridge Department of Human Services does not discriminate in providing services to youth and their families based on race, religion, national origin, culture Heritage, political beliefs, sexual orientation, marital status, or disability. The DHSP will provide auxiliary aids, services, and written materials in alternative and reasonable modification, in policies and procedures to qualified individuals upon request. TTY/TDD (617) 492-0235