

Beginner's Yoga

featuring

Cara Miller
Certified Instructor



Upcoming Session
Mondays, 10-11 AM
Aug. 25-Oct 6

 **Aroostook
Agency on Aging**
Access Points

Our yoga class offers a gentle, beginner's style yoga. We will cover foundational yoga poses that almost anyone can do, regardless of fitness level. The six-week session, starting August 25th, will be offered at Access Points in Washburn, Danforth, Houlton, Island Falls and Portage Lake.

Please call us or visit our website for more information or to sign up for this free class.



**Preregister
by calling:
(207) 764-3396 or
1-800-439-1789**

aroostookaging.org/access-points