



NEW YOGA AT THE TTCC



Mondays
6-7 pm
Gentle Yoga

Wednesdays
9-10 am
All-Levels Yoga



30 N. Main St
Bristol, NH

with

*Michelle Heath, RYT-500/Reiki II
of Rising Crow Yoga & Wellness*

Join Michelle at the Tapply-Thompson Community Center Monday evenings for a calming gentle practice and Wednesday mornings for a well-rounded energizing practice suitable for both beginners and experienced students.

\$15 drop-in, discounted class packs available
sign up online or email Michelle for more information
livestream options also available

www.risingcrowyoganh.com | yogamichellenh@gmail.com