



# *Find Your Flow*

## **Berlin Parks and Recreation**

**Take time to unwind and learn how to distress with yoga!  
Classes will be held every Saturday for 4 weeks at the Berlin  
Community Center from 10am to 11am.**

**Registration opens on March 28 for Residents  
and April 4 for Non-Residents.**

**Classes begin on April 23, 2022 for High School students and on  
May 21, 2022 for Middle School students.**

**Registration Fee: \$60 (Residents) and \$70 (Non-Residents)**

<b>Theme for the classes:</b>	<b>High School</b>	<b>Middle School</b>
<b>Week 1- Strength</b>	<b>4/23</b>	<b>5/21</b>
<b>Week 2- Balance</b>	<b>4/30</b>	<b>6/4</b>
<b>Week 3- Grounding</b>	<b>5/7</b>	<b>6/11</b>
<b>Week 4- Self Love Yoga</b>	<b>5/14</b>	<b>6/18</b>



**\*Please bring your own yoga mat as only a limited amount will be available.\***

**The Berlin Parks and Recreation Department is accepting  
registration on-line through our WebTrac registration system.  
Registration forms can be obtained on the town's website  
[www.berlinct.gov](http://www.berlinct.gov) for mail in or in person registration.**

**Send to the Berlin Parks and Recreation Department, 230  
Kensington Road, Berlin, CT 06037. Look for us on Facebook  
at [facebook.com/TownBerlinCT](https://facebook.com/TownBerlinCT). For more information, call our  
Department at 860-828-7009.**