

Refresh Your Mind and Body...

Be Well All Levels Yoga Class



Join us for a relaxing all-levels yoga practice combining standing, seated, and kneeling poses. Although the class will cater to all levels, students may be asked to bear weight on their hands and knees, and to transition from standing to seated and back again. The meditation section of the class may be practiced in a seated or lying down position.

Instructor: Lisa Gaumond, owner of Sweet Lotus Yoga Studio in Vernon

**When: There will be two sessions on December 9:
Session 1 9 am, Session 2 10 am**

Where: Tolland Town Hall (Council Chambers)

Participants should dress comfortably for movement. Yoga mats will be provided.



**To Sign Up For This Class
Go To [YOGA](#)**

**** This will complete your 2nd Quarter Educational requirement. For those unable to participate there will be a slide presentation posted to the Be Well site on 12/20/2025



**Please contact Be Well at be_well@ehhd.org or
860-429-3361 with any questions at all!**