



Pathways Yoga Systems



Beginner Yoga:

This class will instruct you how to do yoga Asanas (physical poses), Pranayama (breathing exercises), and Meditation/Relaxation practices in each class. Its goal is to address the needs of each student and establish a fundamental understanding of “Mind/Body/Spirit”.

Instructor for class: Pat Bruno, Founder and Director of Pathways Yoga Systems; a nationally registered Yoga School which has been operating since 1992. She is certified with over 2500 hours of teaching credits. Pat tutors in yoga fitness and stress reduction and is well known for her specialized “Recuperative and Wellness” classes to reduce body discomfort and increase stamina. Pat created a popular and successful yoga program at Synergy Health and Wellness Facility and believes that the particular needs and desires of each student must be the basis of her classes. For more information on PYS teachers, check on line at: PathwaysYogaSystems.com

What To Bring: A yoga mat or small rug to place on the floor, a hand towel, something warm to cover you when you are relaxing and water if desired. Wear comfortable clothing with elastic waistbands.

Location: classes are held at Exeter Parks and Recreation building, 32 Court St, Exeter

Fee: Registrations accepted at the Recreation Office during our business hours, by mail or fax. Please make your check payable to : E.P.R.D. Visa & MasterCard accepted. Sorry, no refunds unless the class is cancelled. There is a \$20.00 fee charged for each returned check. 6-student min. / 12- student max.

***New – Early Bird Discount – Register before the deadline and receive a \$10.00 discount.**

Beginner’s Yoga				
Dates	Time	Fee	Class Code	Deadline
Thursdays, September 19 – October 24	1:00-2:15pm	\$60.00*	541704-1A	September 6
Thursdays, November 7 – December 12	1:00-2:15pm	\$60.00*	541704-1B	October 25

Exeter Parks & Recreation Department
32 Court Street, Exeter, NH 03833
Phone:773-6151: Fax: 773-6152
Website: <http://town.exeter.nh.us/rec>
Business Hours: Monday-Friday: 8:15 - 4:15pm