

WELLNESS
COMMITTEE

30 for \$30 YOGA ON YORK

A Special for Town Employees

YOGA IS
NOT FOR THE
FLEXIBLE.
IT'S FOR
THE WILLING

New Year's Special

All Town Employees are invited to join Yoga on York for a month of Yoga for \$30.00. You can attend as few or as many classes (unlimited) as you would like throughout the month. You can join- in anytime during the month of February. The 30 days will start the day that you sign-up at Yoga on York. ie: If you sign up on Feb. 15th, your membership will go until March 15th, etc.

All interested Town Employees can simply register at Yoga on York and let them know that you are a Town Employee but please also let Amber at aharrison@yorkmaine.org or Leslie at lhinz@yorkmaine.org know so that the Wellness Committee can track the number of participants.



your community yoga center since 2002