

### New Yoga Classes

NEW: 6-week Gentle Yoga class being offered Wednesdays, 4:30-5:30 at the Ira Town Hall, May 9 – June 13; \$36 for series. Certified yoga teacher Kellie Etori will use mild to moderate poses, breathing and focused attention to increase strength and flexibility, and guide the body and mind toward balance. Call Mary Ann Black at 802-345-3429 If interested? To sign up?