

**Watertown Recreation Department**  
149 Main Street - Watertown, MA 02472  
Phone 617-972-6494 • (F) 617-926-6129  
recreation@watertown-ma.gov • www.recreation.watertown-ma.gov

**Program:** Gentle Yoga with a Chair at Artemis Studio

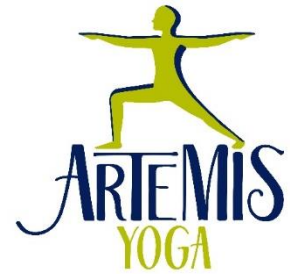
**Who:** Adults Over 55

**When:** Wednesday  
March 25, 2020 – May 13, 2020  
(Meets once a week for 8 weeks)

**Time:** 11:00 am – 12:00 pm

**Where:** Artemis Yoga Studio  
639 Mount Auburn Street, Watertown

**Fee:** \$85.00 Residents                      \$120.00 Non-Residents



**To Register Online:** Go to our website at [www.recreation.watertown-ma.gov](http://www.recreation.watertown-ma.gov) and select “**Online Registration**”

**Description:** This class, which centers on relaxation and coordinating breath with movement, promises to be gentle. It can be done sitting in a chair or standing with accommodations for those who use walkers and canes, have limited flexibility and vision, or have never tried yoga before. Participants should wear loose-fitting clothing. You may bring your own yoga mat or you can borrow one from the studio. Classes focus on alignment and safety and designed for everyone with any level of experience. This class is taught by Barbara Perlo who truly believes that yoga is for everybody and she has taught students age 4 to 80+. Barbara holds a master’s degree in education and an RN – registered nurse degree. You will find her classes challenging yet playful, and you will leave feeling relaxed and centered.

**Registration is on first come first serve basis**

**Maximum of 18 participants**

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**Watertown Recreation Department**  
**Gentle Yoga with a Chair at Artemis Studio**  
**Adults Over 55**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Town: \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Gender: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Payment: Resident: \$85.00 \_\_\_\_\_ Non-Resident: \$120.00 \_\_\_\_\_

Please make checks payable to “**Town of Watertown.**” **Please return registration to Recreation Office.**

Please register your email on the “**Notify Me**” at our website [www.recreation.watertown-ma.gov](http://www.recreation.watertown-ma.gov) to receive future program information.

Visit the Watertown Recreation Department online at:

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