

# **Sign up for Barkhamsted Recreation Department's Mindful Movement Classes**



**Get Healthy, Centered and Fit with our new Classes in 2019!**



## **Mindful Movement for Families (New)**

Day-Tuesday's

Dates- January 8, 15, 22, 29, February 5, 12

Location-Barkhamsted Elementary School Gym

Time- 6:00-6:45 p.m.

Fee: \$45.00 per person and \$5.00 discount off each additional family member that registers

Instructor: Robyn Centrella

Registration deadline is Thursday, December 20<sup>th</sup> or when the program is full. Please register before the deadline and don't miss out!

This class offers a highly effective combination of developmental stretch and strengthening techniques. You will gain many benefits as you release muscular tension from your body, enhancing both work and/or sports performance. Bring along a family member/friend and enjoy slowing down this fast paced life...leave feeling peaceful and empowered! Please bring a comfortable mat and hand towel. This is a perfect class for families and a great way to start the New Year!

## **Mindful Movement for Adults (New)**

Day-Tuesday's

Dates- January 8, 15, 22, 29, February 5, 12

Location-Barkhamsted Elementary School Gym

Time-7:00-7:45 p.m.

Fee: \$45.00 per person and \$5.00 discount off each additional family member that registers

Instructor: Robyn Centrella

Registration deadline is Thursday, December 20<sup>th</sup> or when the program is full. Please register before the deadline and don't miss out!

This class combines dynamic and static callisthenic stretch meant to relieve both physical and mental stress in the body. You will be able to give full attention to your particular muscle structure, flexibility and tension levels. Ultimately gaining freer movement in your everyday life! Leave feeling both relaxed and revived.

Please bring a comfortable mat and hand towel.

*Please visit-[www.barkhamsted.us](http://www.barkhamsted.us) to download the registration form or for more info contact- Donna Bastrzycki-Recreation Director- [barkhamstedrec@barkhamsted.us](mailto:barkhamstedrec@barkhamsted.us)*

**Be sure to visit the Town's website under the Recreation Section and like the Town of Barkhamsted on Facebook to stay up to date on more upcoming events and programs!**