

FREE YOGA for Veterans

Mondays at 10:00 AM

Music Room at Carey Cottage

400 Little Harbor Road

Portsmouth, NH

Fridays at 10:00 AM

Town Hall, 3rd Floor

180 Main Street

South Berwick, ME



JOIN US!

- For anyone who has ever served in the US Armed Forces
- Perfect for beginners
- Free parking
- Bring a mat or borrow one of ours
- Wear loose, comfortable clothing

brought to you by:



YOGA IN ACTION
connect • transform • heal • thrive

Christine M. Loeber
FOUNDATION

Cari Goodrich-Gorman



Town of South Berwick, ME

REGISTER ONLINE
YOGAINACTION.ORG