

# YOGA

## FOR BETTER POSTURE



***So you've heard how our muscles tighten from sitting in desks, driving cars, hunching over to read and then there is the slouching to read our hand held screens on our phones, yikes!***

**Join our demo class to get a taste of how good it feels to loosen up your chest and hips, and learn methods to counteract poor posture!**

**Wed, Jan. 3 • 10:00-11:00am**

**Instructor: Kelly Carroll**

**FREE • Sign-up at the Front Desk**

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

THE  
SWIMMING  
HOLE