

# YOGA

## FOR BETTER POSTURE



Many of us sit at desks day in and day out, unaware of how this position slowly shortens and contracts our muscles. We hunch over a computer screen, crane our necks to read small print, or allow our hips to tighten while sitting in a desk chair.

***This is where Yoga for Posture Alignment comes in.***

**The class focuses on loosening your chest and hips, fortifying your abdominal pull, and teaching you methods to counteract poor posture in the long-term.**

**Wednesdays • 10:05-11:05am**  
**January 10 - February 21** (no class 1/24)

**Instructor: Kelly Carroll**

**\$70 members / \$95 nonmembers • 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