



# CHESTER RECREATION

is excited to welcome Jennifer Bukowski, our newest certified Yoga instructor to our Yoga Family. Jen will be offering the following new classes in addition to teaching the Saturday Gentle Yoga class:

**Family Yoga** is for children (ages 5-12) and their caregivers. In this gentle yoga class, students will focus on breath, body awareness and self-care. Each class will include a guided breathing exercise, gentle warm-ups, poses to increase balance & flexibility, relaxation and meditation. Classes held Wednesdays from 3:30-4:30 PM.

**Teen/Tween Yoga** is for kids ages 13 and up who will focus on breath, body and self-awareness, self-care and self-worth. The class is designed to help students become aware of their thoughts and more connected to their bodies so they can bring a sense of order and ownership when they feel fear or anxiety. Classes include a guided breathing exercise, gentle warm-ups, poses to increase balance & flexibility, relaxation and meditation. Classes held Wednesdays from 5:00-6:00 PM.

Chester Recreation will continue to hold our adult series with certified Yoga instructors Rhonda Woodward and Jen Bukowski on the following days:

Monday	6:30-7:45 PM	Intermediate Kripalu Yoga
Thursday	6:30-7:45 PM	Beginner/All Levels Kripalu Yoga
Saturday	8:30-9:30 AM	Gentle Yoga

Register online at <https://www.chesternh.org/recreation-department>