

Yoga Classes

Stockbridge Senior Center

Mondays and Thursdays: 4:00 - 5:00 p.m.

Yoga with Crystal

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*Every Second and Fourth Wednesday: 11:00 a.m.*

*Yoga for Balance*



## *Heaton Court*

*Mondays at 10 a.m.*

*Yoga with Antoinette*



*Senior Center  
Town of Stockbridge  
50 Main Street PO Box 1496  
Stockbridge, MA 01262  
413-298-4170 ext. 250*