



# Yoga with Nina

**Tuesdays  
5:30 – 6:30pm**

**The Barrel  
Room  
at New English  
Brewing**



**\$20 per class including a pint of New English beer  
\$18 per class without a beer**

**Bring a mat, towel, water bottle, and light blanket.  
Vinyasa style L1 & L2. No prior yoga experience needed.  
Please arrive 15 minutes early to check in, especially the first time.  
Thank you!**