

Evening Mind-Body Yoga

September 9 - October 14, 2026



Description: Mind-body Class (yoga and chi gong) classes are a great way to get your physical, emotional and energy bodies healthier and keep them healthier. We use stretching, vibration and tapping to clear out blockages in our physical and energetic circulation systems. We use breathing, meditation and relaxation to calm and focus the mind. We finish by sharing over a cup of healthy herbal tea. The goal is to shift energy and help restore balance in the body, improving both physical, emotional and spiritual health. Our practice is suitable for all ages and all physical conditions.

Brad's training comes from Body&Brain Yoga Tai Chi, which is the leader in Qi Gong practice. He has taken and taught classes, taken and staffed workshops, and trained in Sedona and upstate NY. He established these outreach classes to share this amazing program with others.

Registration: Registration is open to Exeter residents on **Wednesday, August 19, 2026 at 8:15am** and non-residents on **Wednesday, August 26, 2026 at 8:15am** on a first-come, first-served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, mail or by phone. (8) Minimum, (12) maximum.

Dates & Time: Wednesdays, September 9 - October 14, 2026 from 6:30-8:00pm.

Location: Exeter Community Center, 10 Hampton Rd. Exeter, NH 03833

Fee: The fee is \$35 for residents and \$45.00 for non-residents

Deadline: The deadline to register is September 4, or once the class is full. Note: We need a minimum of 8 people registered for this class. Maximum is 12.

MIND-BODY YOGA

Instructor
Brad Fanger
Wednesdays, Sept. 9 - Oct. 14, 2026
6:30 - 8:00pm **NEW**
Reg. Opens Aug. 19 at 8:15 for Residents and Aug. 26 for NR
603-773-6151
www.exeternh.gov/recreation
Exeter Community Center
10 Hampton Rd. Exeter, NH

\$35 Residents,
\$45 Non Residents
**EVENING YOGA AT
EXETER'S NEW
COMMUNITY
CENTER!**

Exeter Parks & Recreation Department
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