



**TOWN OF PELHAM**  
**PARKS & RECREATION**  
DEPARTMENT



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## **GENTLE YOGA CALENDAR**

**For 2025 - 2026**

**CERTIFIED YOGA INSTRUCTOR: Daryle Hillsgrave**

Gentle Yoga is a slower-paced class for new and experienced students, and people with mobility issues, or health problems. Poses assist with flexibility, strength, balance, and reducing stress. Classes include breathing techniques, postures, and meditation. Weekly changes in sequences. Time is made for safe transitions. Modifications can be made.

More time is allowed to learn the basics. Our certified yoga instructor is Daryle Hillsgrave of Pelham, who wanted a healthier way to deal with life challenges of her own. Yoga brought about positive changes for her, and she pursued instruction to share her own gains. Daryle would be happy for you to join her and reap some benefits!

**Location: Hobbs Community Center, 8 Nashua Rd., Pelham NH**  
**For adults, men and women, age 18 and older!**

**Time: Saturdays- 8:30am 9:30am**

**Session I:**

6 Saturday classes \$60.00 (Sept 6 – Oct. 11)

**Session II:**

6 Saturday classes \$60.00 (Oct. 18-Nov. 22)

**Session III:**

6 Saturday classes \$60.00 (Dec. 6– Jan. 17; skip Dec. 27)

**Session IV:**

6 Saturday classes \$60.00 (Jan. 24 – Feb. 28)

**Session V:**

6 Saturday classes \$60.00 (March 7 – April 11)

**Session VI:**

5 Saturday classes \$50.00 (April 18 – May 30; skip May 23)

**Session VII:**

4 Saturday classes \$40.00 (June 6-June 27)  
\*4-week session only

Registration forms can be found at our Parks and Recreation office or register online at [pelhamnh.recdesk.com](http://pelhamnh.recdesk.com). Register for one session or all sessions. The program is subject to cancellation due to insufficient sign-ups or inclement weather. Email [recreation@pelhamweb.com](mailto:recreation@pelhamweb.com) or call 603-635-2721 with any questions. A registration form is needed for each participant.

**Thank you!**