

THIS WEEK

EVENTS TO CHECK OUT AUGUST 4 - 10, 2016, AND BEYOND

Thursday, Aug. 4

Join **YogaBalance** at Victory Park for an afternoon of free yoga, as part of InTown Manchester's "20 Events to Celebrate 20 Years" program. Learn to connect more deeply and authentically with yourself and the world around you, and how to open your heart and calm your mind. This class is appropriate for all ages and levels of yoga experience. No registration is required - just bring your own mat and get ready to enjoy the New England summer! The class will be held from 3 to 3:45 p.m. Visit intownmanchester.com for more information.

