

Hatha yoga at Newnham

Published 5/30/2023 by **Shona Dias**

Hatha yoga is practiced at a slower pace, focusing on the breath, controlled movements, and stretching. If you want to become more flexible, hatha yoga can help, especially in the hamstrings and spine. Practice can be very relaxing.

June 6 - 3:30 PM to 4:30 PM

June 8 - 12:35 PM 1:25 PM

Newnham Fitness Studio RM:1618