

COME FALL FOR YOGA!
HATHA YOGA CLASS
TUESDAYS 5:30-6:45 pm

This traditional style of yoga develops balance, flexibility, coordination and a sense of centeredness.

The class is open and accessible to every one of all ages and abilities.

YOUR FIRST CLASS IS FREE!

Emmanuel Episcopal Church Parish Hall
9670 Maidstone Road, Delaplane

YOGA can help you feel better.

A regular yoga practice can:

- **Reduce Stress**
- **Stretch and Strengthen**
- **Find Balance**

**To register or for more
information, contact**

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