



TUESDAY EVENING

# GENTLE YOGA

WEEKLY SESSIONS BEGINNING  
TUESDAY, OCTOBER 23<sup>RD</sup>.

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**DATE TUESDAY 10/23/18 THRU 11/27/18**

**TIME 6:30 PM**

ST MONICA'S (ST. JOSEPH ROOM)  
13623 ROCKSIDE RD, GARFIELD HTS., OH

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What better way to wrap up a busy day than a Gentle Yoga practice? You don't need to bend like a pretzel to enjoy this relaxing gentle practice that can be modified for anybody. \$5.00 per class. Bring a yoga mat or towel and wear comfortable, loose fitting clothes.

Space is limited so please call the parish office to register.

FOR MORE INFORMATION CONTACT: CONTACT NAME SUE SHEPKA AT THE PARISH  
OFFICE: 216-662-8685