



TUESDAY EVENING
GENTLE YOGA
6 WEEK SESSION

DATE TUESDAY 9/4/18 THRU 10/7/18
TIME 6:30 PM

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

What a better way to wrap up a busy day than Gentle Yoga stretches. You don't need to bend like a pretzel to enjoy this relaxing gentle practice that can be modified for any body type. First class on 9/4 is FREE. Remaining 5 classes are \$25 pre-paid. Bring a yoga mat or towel and wear comfortable, loose fitting clothes. Instructor: Alycia Cohara, Yoga Alliance 200 hour RYT

For more information and/or to register, please contact Sue Shepka
at the Parish Office: 216-662-8685