



TUESDAY EVENING  
**GENTLE YOGA**  
SESSIONS

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**DATE TUESDAY 9/10 THRU 10/15/19**

**TUESDAY 11/5 THRU 11/26/19**

**TIME 6:30 PM**

ST MONICA'S PARISH OFFICE (ST. JOSEPH ROOM)

13623 ROCKSIDE RD, GARFIELD HTS., OH

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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 is FREE. Remaining classes are \$5 each. 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, call Alycia with any questions,  
216-906-3607