



TUESDAY EVENING
GENTLE YOGA
WINTER/SPRING SESSIONS

TUESDAYS AT 6:30 PM
1/14/2020 THRU 5/19/2020

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

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 including a chair practice for those with limited mobility. Bring a yoga mat or towel and wear comfortable, loose fitting clothes. Your first class is FREE and then \$5 per class.

FOR MORE INFORMATION, CALL OR EMAIL
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