

# YOGA CHURCH\*



***Sundays, 5:00-6:00PM***

***Starting Sept. 10th***

Basement of First Presbyterian  
(420 Farnsworth Ave.)

Donation-based

Vinyasa (Flow) style

Bring your own mat or towel

No prior experience necessary

Certified yoga instructor Laura Di Panfilo

When the weather's nice, we'll be outside!

***\* No religion. Just yoga. We promise.***