

HOLY YOGA

**CLASSES EVERY FRIDAY:
10:30 AM, PARISH CENTER**



**HEALING, PRAYER OF THE BODY AND MIND, AND
OPENING OUR HEARTS TO GOD.**

Adults of all ages are welcome, parishioners and non-parishioners alike!

Bring a yoga mat, a firm blanket or towel, and any additional yoga props you may have.

For more information, contact Linda Bugbee at bugbeemd@gmail.com