

# *Yoga for You*

*Saturday Mornings, Beginning October 1st*

*8:30 – 9:30 AM*

*In Memorial Hall*

*Confirm classes on the church calendar*

*at [www.newmanucc.org](http://www.newmanucc.org)*

- \$5.00 suggested donation (plus an item for the Bread of Life food pantry, if you are able)
- Bring a mat (although I do have some to share)
- Water bottle
- Blanket
- Flexible mind (the body's flexibility is based on the mind's willingness to be open and flexible)

Come join your church family as we practice meditation in motion through the ancient art of yoga. Flow from pose to pose as we develop a deeper relationship between mind, body and spirit. Let your body rejoice in the movement and your mind be present. This is *Yoga for You*.

*- Joanne DeCataldo*



*All are welcome!*