



6 Week Session of Beginning/ Slow Flow YOGA

Please join us for Beginning/Slow Flow Yoga Session
starting Wednesday , March 4th until Wednesday, April 8th

We will meet on Wednesday evenings from 5:45 until 7:00, class starts at 6:00.

We will be practicing in the back of the Family Worship Center of
Hickory Grove United Methodist Church.

Yoga poses stretch your muscles and your mind as well as it can increase your
range of motion physically, mentally, and spiritually.

Open to all ages 14 and older.

**Please bring your own Yoga
mat, blocks, and towel.
Please dress in loose gym/
yoga gear. (t-shirt and gym
shorts or sweat pants work)**

**Cost will be determined by num-
ber of participants. The more par-
ticipants the less the cost. Five
yogi equals \$10.00 per week, ten
yogis equals \$5.00 per week.**

**Please contact Kim Bucklin at
kkb.embroidery@yahoo.com or
704.567.2688 to reserve your spot.**

**Please contact Aimee Jones at
info@yogatruckclt.com for any
Yoga questions or concerns**

Namaste

Cash, Square, Venmo, and PayPal accepted.