



## YOGA Classes are moving to WEDNESDAYS!

Please join us for Yoga on Wednesday evenings starting 08/21/19  
from 5:15 until 6:45, class starts at 5:30.

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.

With regular practice, Yoga will improve flexibility and tone body and spirit.

Open to all ages 16 and older.

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

**Drop ins welcome!**

**Please contact Jennifer at jen-  
niferachkar88@gmail.com in re-  
gards to any YOGA questions.**

\$8.00 per class.

Cash, Check, or PayPal  
accepted.

Namaste