

LENTEN YOGA

SATURDAYS MARCH 30, APRIL 6 AND APRIL 13
10-11 AM IN THE GREAT HALL



“Be still and know that I am.”



Parishioner Alice Weiser (RYT-500) is offering yoga classes during Lent, tailored to this special season. Quiet music, contemplative readings and gentle poses will provide an opportunity to slow down, center and look inward. Beginners are welcome; join Alice for one class or all three. \$20 per class.

Please RSVP to Alice at aliceweiser@mac.com.