



**YOGA COMES TO OUR CHURCH**



# Unbendys welcome

Anyone can do yoga: babies, children, teens, adults young and old. Sports people or wheelchair bound, ADHD and Alzheimer's, fit and well or people with chronic illness, yoga feels great for everyone. You don't have to stand on your head or turn into a pretzel, unless you want to.

## **ALL YOU HAVE TO DO IS TURN UP**

Class is at 9:30 am on Thursdays.  
Other classes can be arranged for after school, after work, during school hours or weekends.

**FOR MORE INFORMATION PLEASE CONTACT:**  
Deborah Waring: 804.714.7161 [IntegratedYoga@me.com](mailto:IntegratedYoga@me.com)