



Elizabeth Lofts

Community Committee

announces

THREE WEEKLY YOGA CLASSES



Due to popular demand, yoga instructor Heather has agreed to teach up to three yoga sessions:

**Monday, Wednesday & Friday
at 9:30 a.m.**



Suggested donation \$5/class, if possible
(Cash, Venmo, PayPal available)

Open to ALL residents

Dress comfortably, bring a yoga mat & water

75 minute class -- Open to all levels of experience including beginners *(can be done from a seated position if needed)*

The class is Hatha Yoga with focus on the Energy Pathways inside the body. Includes simple self-acupressure techniques you can do anytime to relieve stress.

Email us at yoga.elizabethlofts@gmail.com