

YOGA FOR CHARITY

SUMMER THURSDAYS 4 PM

June 15, 22, 29 • July 13, 20, 27 • Aug. 3, 10, 17

Good Shepherd Church 867 Grays Woods Blvd, Port Matilda, PA 16870

WHAT YOU NEED FOR THIS CLASS

- 1. Wear comfortable stretch clothing.** Shorts and t-shirt or sleeveless shirt as you will build heat during the practice.
- 2. Bring Water** hydration helps with the proper function of your muscles and joints.
- 3. Bring a yoga mat, thick blanket, towel or pillows** it is important to be comfortable as you build yoga postures and learn what your body needs for a safe practice.
- 4. Don't Judge Yourself** yoga is deeply personal and is a practice of loving yourself as you are. Only you know what your body and spirit need.
- 5. Be Prepared to Have Fun** You will be guided into an enjoyable experience. Stay light hearted and focus on what you are doing in the moment.