

YOGA

203 LOVA WAY, CASSADAGA

Friday 8:30-9:30 a.m.
October 22 - December 10

Our **Community Morning Yoga** class is gentle yoga, for everyone, on a donation basis.

We will focus on stretching, strengthening and deep letting go. Yoga increases the healing power in the body. Yoga Practitioners often experience better sleeping, fewer colds, and a steady peacefulness in their lives.

Following the **Community Morning Yoga Class**, Rev. Susan Berryman will facilitate an optional **Women's Circle** from 9:45-11:00 a.m. (see flyer) Tea and fruit will be available between classes.



COMMUNITY
MORNING
YOGA

This one hour morning class is led by Rambha (Dr. Suzanne DeWee) who has been a certified Professional Kripalu Yoga Teacher for over 30 years. Rambha was awarded the title "Acharya" by Yogi Amrit Desai in 1992.

Please email to register for the class or to submit questions:

wellconnected@me.com

[The Whole World is One Family](#)