



Are you interested in reducing stress
as well as increasing flexibility and overall wellness?



Come try Penn Foundation's

COMMUNITY YOGA PROGRAM

We have two weekly Yoga classes available:

Mondays 11:30am-12:30pm

*Includes 15 minute discussion on chosen wellness topic
on the first and third Mondays of each month*

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Wednesdays 4:30-5:30pm

****Wednesday classes begin February 18th, 2015****

**All classes are free of charge and are held in the Loux Building Univest
Community Room. Classes are open to anyone receiving services at Penn
Foundation (14 and over) as well as all Penn Foundation staff!**

*Please wear comfortable clothing that you can stretch in, and bring water and a blanket or towel if available. Please arrive 10 minutes early for your first class to complete waiver. Modifications for yoga will be provided to make it accessible for all levels of health and skill. If you have further questions, please contact Sara Dobson, Certified Yoga Instructor at 267-404-5840.

