



START YOUR SUMMER OFF RIGHT WITH

YOGA

In the park

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REDUCE YOUR STRESS | ENJOY THE OUTDOORS | RELAX YOUR BODY

Wednesday, May 19th

6:00 PM – 7:00 PM

Indian Park, Montoursville | Meet by gazebo, near basketball courts

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PLEASE BRING YOUR OWN YOGA MAT

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REGISTRATION INFORMATION

Members and their guests must register by May 12th. \$5 registration fee per person.

FOR MORE INFORMATION

Contact Michele Frey at MFrey@lycolaw.org
Rain Date: Wednesday, May 26

Beginners Welcome!

This class will be led by certified yoga instructor and LLA Member, Matthew Welickovitch