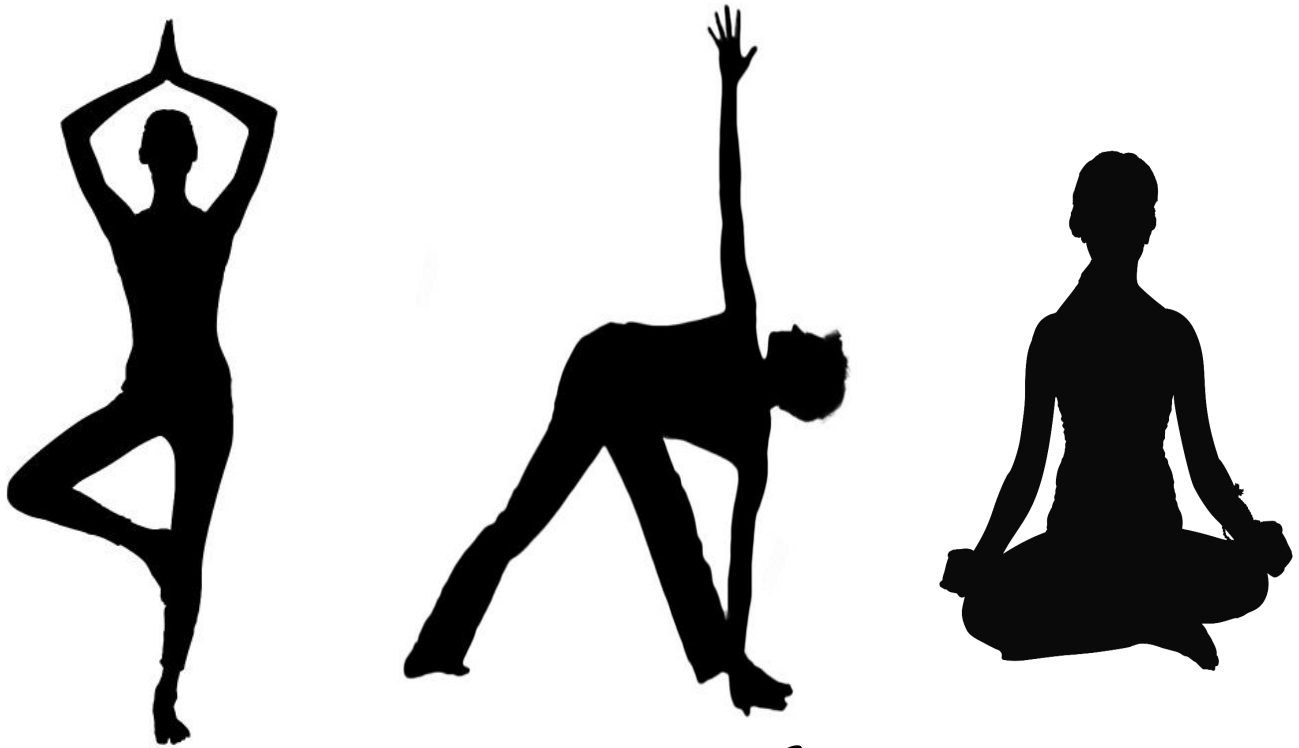


Share Yoga. Share Life. Share Peace.



Free Yoga Classes

Trinity Lutheran Church will be hosting yoga teacher Leslie Wolfe for 8 yoga classes this Spring. She will empower you to nurture and center yourself, create balance and improve your flexibility.

Spring Semester 2022 - 8 classes
Mondays from 9:30am - 10:30am in Room 123

Jan 24 Feb 28 March 28 Apr 25
Feb 7 March 14 Apr 11 May 9

All are welcome! From beginners to advanced levels and all ages.
Please bring a yoga mat, water bottle and towel (optional).
Extra mats will be available upon request.

Goodwill donations accepted

RSVP preferred, walk-ins welcome. Contact Leslie at www.playfulheartsyoga.com
or by phone at (636) 284-1414