

**Tredyffrin Township & Balanced for Life Yoga Presents:  
Friendship Park Gentle Community Yoga Class  
with Josette Cicacci and Denise Orsulak**



**September 7<sup>th</sup>-October 12<sup>th</sup> Fridays 5:30-6:30 pm  
107 Bearhill Rd Paoli, PA**

**Been wanting to try a yoga class but are intimidated by going to a studio?**

Here's your chance...we come to your turf!

Join us and give your body and mind a *Happy Hour* of YOU time. This gentle yoga class is appropriate for a beginner, or a seasoned yogi, who wants to ease into the weekend and switch from a "go go go" mindset to a "slow" mindset.

The yoga poses offered will be accessible to all body types-less flow and more focus upon slow transitions from pose to pose using breath to connect each movement. Yoga and mindfulness are great tools which can yield a place of calm awareness.

**BENEFITS:**

- **Yoga at Friendship Park is open to all ages and abilities**
- **Brand New Beginners to Yoga Welcome**
- **Unwind, De-stress, Release Tension**
- **Expert Instruction from Physical Therapy Professionals**
- **Drop-In Each Week, just \$15**

**\*\*This is a shine only event at Friendship Park. If there is rain, class will be held at Balanced for Life Yoga Therapy Studio in Devon, PA. Bring a yoga mat and water bottle\*\***

