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

September 7\textsuperscript{th}-October 12\textsuperscript{th} 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 \textit{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**