

FREE YOGA IN THE YARD

Connect with
your body,
your spirit,
and
your neighbor

Led by a
certified yoga
instructor



All are welcome!
No sign-up necessary

Saturdays
all summer long
beginning June 10,
8:30-9:30 a.m.
in the church yard

A free program by:

Church on the Hill
167-07 35th Ave.
Flushing, NY 11358

www.churchonthehill.org

Free yoga for all shapes, sizes, ages,
and skill levels.

In case of inclement weather, the yoga
class will be cancelled.

If you have your own mat, please
bring it. A limited number of mats will
be available for use. First come, first
served.