

*Looking to start the day centered and relaxed?
Resolved to take better care of your body and spirit?*

Then join us for

Thursday Morning Yoga

9:30-10:30 a.m.

Edwards Hall

(on the campus of Edwards Church, 39 Edwards Street)

*Taught by Donna Warren,
experienced yoga instructor*

Suggested Donation:

\$12-15 per session;

more if you can, less if you can't

Beginning Thursday, January 19, 2012

*For more information or directions, call 508-877-2050, email
pastor@edwardschurch.org, or see edwardschurch.org*