



Free Community Yoga For Health and Wellness

**United Methodist Church of Peekskill
1040 Main Street, Peekskill, NY 10566**

**Join us every 2nd Tuesday of the Month
5:30pm-6:15pm**

**This Class is FREE, but you Must Pre-Register to Attend.
Please email us at AnnetteKirlew@gmail.com
To Reserve your spot. Space is limited.**

Chairs will be provided. Please bring your Yoga Mat if you have one, but it is not necessary.
Entrance is at the rear of the church, through the parking lot.



Come with an Open Mind and Leave With a Full Heart!



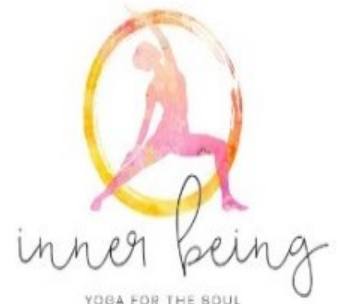
FREE Adult Community Yoga

**October 22
5:30-6:15 pm**

**New Era Creative Space
203 Esther Street**

**Runs the 4th Tuesday
of each month**

**This program is FREE
RESERVE YOUR SPOT!
necspace.org | 914-930-1777**





neweracreativespace 🧘 Start your week off with peace and balance at Slow Flow Morning Yoga! 🌿 ✨

Join us this Monday, October 21, from 10-11 AM at NECS (203 Esther Street) for a relaxing yoga session designed to help you ease into your day. All levels are welcome!

🧘 Class Fee: \$10
Register now at necspace.org to secure your spot!

🧘 ¡Empieza tu semana con paz y equilibrio en Slow Flow Morning Yoga! 🌿

Únete a nosotros este lunes 21 de octubre, de 10 a 11 AM en NECS (203 Esther Street) para una sesión de yoga relajante diseñada para ayudarte a comenzar el día con tranquilidad. ¡Todos los niveles son bienvenidos!

🧘 Costo de la clase: \$10
¡Regístrate ahora en necspace.org para asegurar tu lugar!



Yoga & Wellness Sessions

Our wellness classes build physical strength, improves balance, flexibility and confidence.

Classes include Meditation, Journaling, Aromatherapy, Creative Writing & more.

All classes are customized to fit each individuals need.

Pricing

45 minutes = \$175

or

75 minutes = \$225

Virtual & In person classes are available.

Karen D.
Karen@innerbeing.yoga
(914) 610-0937
www.innerbeing.yoga



Wellness Classes

AKD Wellness LLC Presents

Yoga & Meditation
Classes

Pricing

45 Minutes = \$175

or

75 minutes = \$225

WWW.INNERBEING.YOGA

Annettekirlew@gmail.com

Peekskill, NY

Call Annette Kirlew:

(917) 676-5163

All are welcome to join us!