



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.



The United Methodist Church of Peekskill
Peekskill, New York

THE UNITED METHODIST CHURCH

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



FREE Adult Community Yoga

**Join us the 4th
Tuesday of each
month
5:30–6:15 pm**

**New Era Creative Space
203 Esther Street
(next to Bean Runner Cafe)**

Dates:

- JAN 28
- FEB 25
- MAR 25
- APR 22
- MAY 27
- JUN 24



**This program is FREE
REGISTER: necspace.org
914-930-1777**





Yoga Comunitario para Adultos GRATUITO

**Acompáñanos el 4to
Martes de cada mes
5:30-6:15 pm**

**New Era Creative Space
203 Esther Street
Al lado de Bean Runner Café**

Fechas:

- ENERO 28
- FEBRERO 25
- MARZO 25
- ABRIL 22
- MAYO 27
- JUNIO 24



**Este programa es GRATUITO
REGÍSTRATE: necspace.org
914-930-1777**





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!