



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.



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

**United Methodist
Church of Peekskill**

1040 Main Street

Dates:

- FEB 27
- MAY 28
- MAR 26
- JUN 25
- APR 23

Instructor: Karen Faulkner



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

115 7th Street
Verplanck, NY 10596

Friday–Sunday, 10am–5pm
+1 914 293 7468

kinosaito.org
@kinosaito #kinosaito

Yoga



YOGA FOR THE SOUL

16 May 2024 | 2-3pm | \$20

13 Jun. 2024 | 2-3pm | \$20

18 Jul. 2024 | 2-3pm | \$20

RSVP: KinoSaito.org/events



KINOSAITO



**Council on
the Arts**

Enjoy Yoga in an art gallery setting surrounded by the abstract paintings of Kikuo Saito and Instructed by the instructors at *Inner Being*.

Please bring a yoga mat if you have one, but not necessary. Chairs will be provided.

This is an accessible yoga course suited for all ages, abilities, and skill levels.

Karen D., M.W.B.E., CEO & Founder of Inner Being LLC

Karen's passion for Yoga has led her down the path of self discovery, self love, self kindness, & self acceptance. With over 200+ hours of Vinyasa Training, her life was changed forever. Karen cannot wait to share this experience with all of you. Her classes are designed to connect the breath with movement, strengthen the physical body, and help quiet & ease the mind.

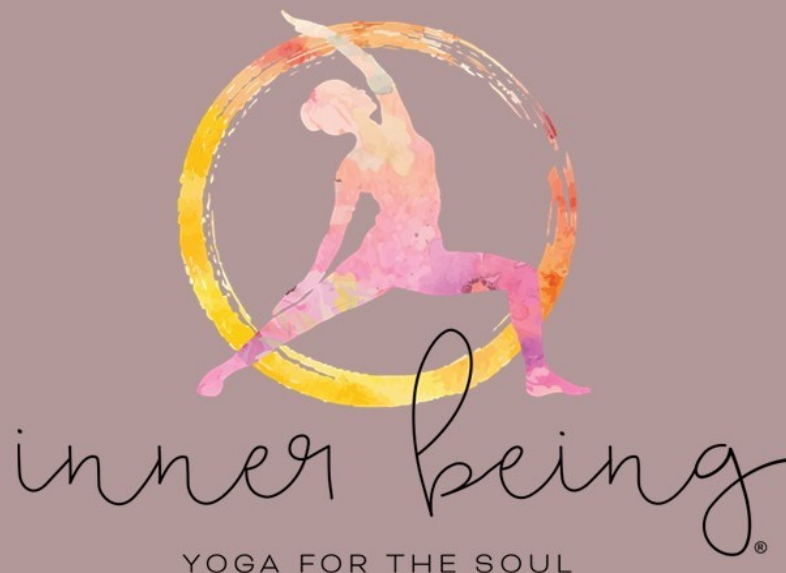


Annette Kirlew, Co-Founder Inner Being LLC

Annette enjoys working with adults and students of all ages and backgrounds. She has been facilitating classes in the Peekskill City School District since 2018. Her classes are designed for students and faculty, including families with special needs. In addition you can find Annette leading yoga and wellness workshops with her warriors of life Seniors at Drum Hill Senior Living Facility and other senior living residences.



KinoSaito Programs are made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.



Yoga and Wellness Sessions

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

Classes include Meditation, Journaling, Aromatherapy & Creative Writing.

All classes are customized to fit each individuals need.

Pricing

45 Minutes = \$150

Or

75 Minutes = \$200

Virtual & In Person are classes available.

Karen D.

Karen@Innerbeing.yoga

(914) 610-0937

WWW.Innerbeing.yoga



Wellness Classes

AKD Wellness LLC Presents

Yoga & Meditation
Classes

Pricing

45 Minutes = \$150

75 minutes = 200

WWW.INNERBEING.YOGA

Annettekirlew@gmail.com

Peekskill, NY

Call Annette Kirlew:

(917) 676-5163

All are welcome to join us!