



**The United Methodist Church of Peekskill**

Peekskill, New York

THE UNITED METHODIST CHURCH



AKD Wellness, LLC

## **Free Community Yoga For Health and Wellness**

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

**Join us every 2nd & 4th Tuesday of the Month  
From 5:30pm — 6:15pm**

**This Class is **FREE**, but you Must Pre-Register to Attend.**

**Please email us at [AnnetteKirlew@gmail.com](mailto: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.**

**Please wear your mask to enter the church.**

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