



# 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](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.

**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!***

# 6th Annual Yoga at the Riverfront

With Karen D. & The Inner  
Being Team

In Collaboration with the City of Peekskill

Riverfront Green  
Peekskill, New York across the footbridge

Wed July 17th

Wed July 24th

Wed August 7th

Wed August 14th

Time 5:30-6:30



<https://www.ticketleap.events/tickets/innerbeing/yoga-at-the-riverfront>

[www.Innerbeing.yoga](http://www.Innerbeing.yoga)

Come with an Open Mind and Leave with Full Heart!



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](https://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.

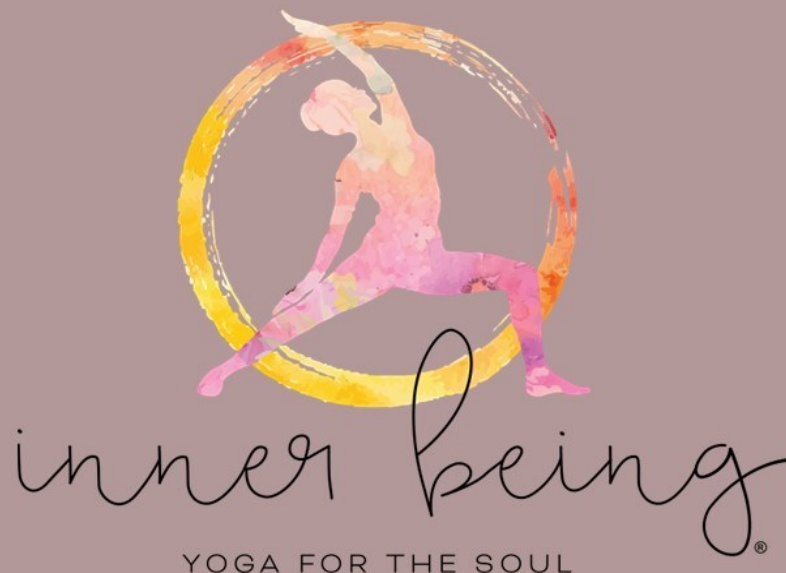


**Annette Kirlew, Co-Founder Inner Being LLC**

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!