



# 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.**



**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

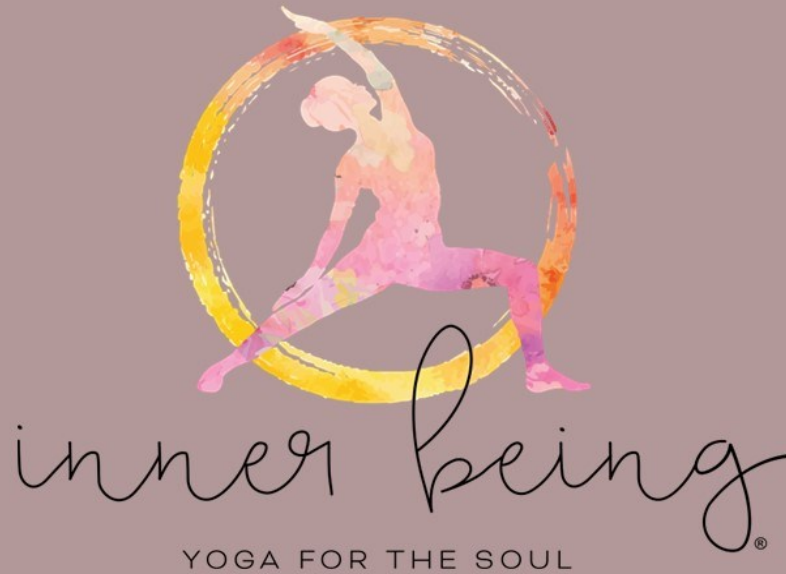
**Dates:**

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

**Instructor: Karen Faulkner**



This program is **FREE**  
**REGISTER:** [necspace.org](http://necspace.org)  
914-930-1777



## 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](http://WWW.INNERBEING.YOGA)

[Annettekirlew@gmail.com](mailto:Annettekirlew@gmail.com)

Peekskill, NY

**Call Annette Kirlew:**

(917) 676-5163

All are welcome to join us!