

INNER BEING HAPPENINGS

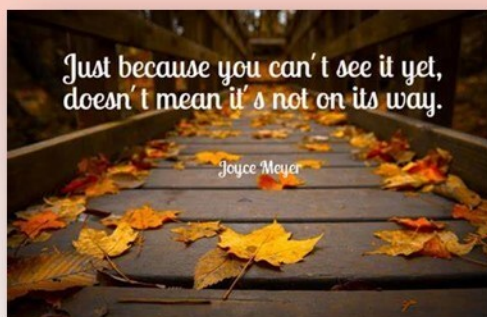
A monthly newsletter brought to you by Inner Being Yoga and AKD Wellness

VOL. 1. ISSUE 6

SEPTEMBER, 2021



September Happenings



- Back to school Yoga Programs begin this Fall: Peekskill Middle School, Shrub Oak International School, Bedford Parks and Recreation, Peekskill Parks and Recreation.
- Yoga at Drum Hill Senior Living continues
- United Methodist Church of Peekskill monthly chair yoga class 2nd Tuesday of the Month. See the flyer below for details.
- Free Community Yoga 9/25 11:00 AM Pugsley Park



**Free Community Chair Yoga
For Health and Wellness**
1040 Main Street, Peekskill, NY 10566

When: **Tues, Sept 14th - 5:00—6:00**
Tues, Oct 12th - 5:30—6:30
Tues, Nov 9th - 5:30—6:30

Cost: **Free.** Must pre-register to attend.

Pre-registration is required. Please email **Annette at AnnetteKirlaw@gmail.com** in order to attend this class. Space is limited.

Chairs will be provided. Please bring your Yoga Mat if you have one but it is not necessary.

COVID protocols will be followed including wearing masks while inside the church, social distancing, completion of health form, and temperature taken at the door.

YES 2 HEALTHY LIVING

SEPTEMBER 25, 2021
11AM TO 5PM


PUGSLEY PARK - MAIN STREET
PEEKSKILL, NY 10566

FITNESS

HEALTH

WELLNESS

NUTRITION



ITS ALL ABOUT BALANCE
AND YOUR WELLNESS

EVERYTHING ABOUT A HEALTHY
LIFESTYLE AND FITNESS

LIVE MUSIC, YOGA, ZUMBA, DEMONSTRATIONS AND MANY MORE.

Sponsored by:
Parks and Recreation | Kathleen's Tea Room | Fidelis Care