



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

When:	Tuesday, November 22nd	5:30pm — 6:15pm
	Tuesday, December 13th	5:30pm — 6:15pm
	Tuesday, December 27th	5:30pm — 6:15pm
	Tuesday, January, 10th	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.

Please wear your mask to enter the church.

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