



**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

<b>When:</b>	<b>Tuesday, September 13th</b>	<b>5:30pm — 6:15pm</b>
	<b>Tuesday, September 27th</b>	<b>5:30pm — 6:15pm</b>
	<b>Tuesday, October 11th</b>	<b>5:30pm — 6:15pm</b>
	<b>Tuesday, October 25th</b>	<b>5:30pm — 6:15pm</b>

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!***