



## Join us for yoga at Westlake UMC

Classes are \$10 each prepay/\$13 each drop in

Mondays at 4:30pm in the Gym with Janet Farnsworth

Fridays at 9:30am in Bldg. M133 with Janet Farnsworth

Fridays at 1:30pm in Bldg. M133 with Helene Ryan

Yoga is a practical aid, not a religion. Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment. This is a simple definition.

The practice of yoga makes the body strong and flexible, it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems.

Yoga brings about emotional stability and clarity of mind.

Contact Janet at 781-799-9552 or [janetfarnsworth@yahoo.com](mailto:janetfarnsworth@yahoo.com)

Contact Helene at 908 303-5109 or [helene@herobiyoga.com](mailto:helene@herobiyoga.com)