

COMMUNITY YOGA CLASS
Be the Change

Make Your Day Better
Make the World a Better Place

Come to the **Community Yoga Class**
At **River Rock Yoga** in Ocean Springs
2429 West Commerce Street
(Behind Keesler Federal Credit Union)

When: Every Tuesday evening, 7:15-8:30
Cost: \$5.00 minimum donation

All donations go to a different charity each month.
For July: Hope Haven Children's Shelter
www.hopehavenshelter.org

CAN I DO YOGA?

Yes. This class is designed for everyone.

WHAT DO I WEAR?

Comfortable clothing that allows freedom of movement.

DO I NEED A MAT?

All mats and props are supplied by the studio.

HOW CAN I GET MORE INFORMATION?

Go to www.riverrockyoga.com
or call 818-4522

If you plan on coming to class, please arrive by 7 p.m. your first night to sign in.

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