



## YOGA

**Tuesdays and Thursdays, 6:30 -7:30 pm**

St John Lutheran Church  
175 E. Main St.  
New Freedom, PA 17349

Please bring \$12 cash and a yoga mat if you have one.

Drop in any day- All levels are welcome, especially beginners!

*Diane Bowlby: "I started teaching in 2004. I graduated from a two-year program at Susquehanna Yoga and Meditation in Timonium. Maryland. We were taught in the Iyengar Yoga style which emphasizes alignment of the body, flexibility will come with practice. I continued to study with other well-known instructors in my field. I love teaching people body awareness and helping them stay flexible for life. My philosophy is always, "Do what you can. You will always learn and improve the more you try."*

Subscribe to Facebook - Inner Harmony Yoga Center for information on class cancellations, scheduling, room changes, et cetera.

If you have any questions or you are not using Facebook,  
please text or call Janine Sobell 484-225-2997