

Hope's health ministries presents



# YOGA

Hope Lutheran Church  
2201 Secor Road – Toledo, Ohio  
Wednesdays  
(beginning 12/3/08)  
8:15 to 9:15 p.m.  
Family lounge

Shannon McElvany,  
Certified Yoga Instructor

Shannon will talk about the benefits of yoga at the first class, and give some basic demonstrations on yoga poses. After that, Shannon will move us through some basic yoga using the Hatha and Vinyasa style of yoga. You can observe the poses or give them a try to see if yoga is for you.

Shannon's class is generously offered to Hope's members, friends, and relatives. A freewill donation is suggested at each class to defray costs.

Bring a yoga mat or beach towel and wear comfortable clothing