

Stretch and Relax Donation Yoga

Where:

The Church of the Transfiguration 13925
New Hampshire Ave Silver Spring MD 20904
(one block south of the ICC)



When:

Wednesdays, 7:00-8:15 PM

This is a free class and cash donations will be accepted. All donations will go to the outreach of Transfiguration. This fund supports community charities such as C-4, as well as Our Little Roses, an orphanage for girls in Honduras.

The class will be appropriate for all skill levels. We will focus on simple stretches and end with a relaxation. If you have never taken a Yoga class this is your chance to try one and support an important outreach.

Dress comfortably, bring a yoga mat if you have one, and come with an open heart!

Preregistration is required.

Please call Maureen Fama 301-384- 6019 to sign up.

Observations from past attendees:

The yoga sessions help to relieve my muscular-joint pain and I find that I sleep more restful at night when I practice the routines Maureen has taught us. Besides, it's a great group - no fuss, no mess - no stress!

Thoughts in the morning:

- *a calm, clean, cool, comfortable setting; quiet; music*
- *multi levels; mixed abilities*
- *my rheumatologist endorsed yoga: relaxation, gentle stretching, exercise*
- *gifted instructor(!) adapts each activity (pose, exercise) to the individual's ability*
- *no set pay; donation used for "outreach"*