

Graceful Movement

YOGA CLASS

with Samantha
of Delmarva Yoga



Find Balance, Strength & Serenity

- Gentle Flow Yoga
- All Levels Welcome
- Improve Flexibility & Relaxation
- Mindful Movement & Breathwork

April 17 at 9:00am | April 24 at 9:00am

May 7 at 6:00pm | May 14 at 6:00pm

Please Bring Your Own Yoga Mat or Towel

Location: Our Lady of Good Counsel
Church Hall
115 Main Street,
Secretary, MD 21664

