

Beginning October 6th  
Saturdays | 10A.M-11A.M

Location: FCMC Wellness Center  
Questions? Call (717) 331-1724



# Gentle Yoga

*With Sarah Hollinshead*

*A slow flow class, perfect for beginner to advanced!*

*Focus on relaxation, breathing, and deep stretching.*

*Work to improve balance, strength, and flexibility*

- Mats provided
- Please arrive 5-10 minutes early