

# *Yoga at Meetinghouse Farm*

*Please Join Us Tuesdays*

*July 7*

*August 4*

*September 1*

*9 AM*



## *Yoga & Nature*

*(Dry Skies Only)*

*Nourishing Sessions by Bettina Yoga*

*No experience necessary \* All are welcome  
1 hour class*

*(Bathroom available within easy walking distance)*

*Donations Appreciated  
Benefits Meetinghouse Farm*

*MHF is located at 2135 Meetinghouse Way WB*

*MeetinghouseFarm.org  
www.bettinayoga.com*

*Classes conducted by Bettina Yoga  
No yoga experience necessary*