



GENTLE YOGA WITH TRACY LAKE

Saturdays:

-7:45 am to 9 am

-9:30 am to 10:45 am

-11:15 am to 12:30 pm

Natural Connection Wellness Center

313 Fourth Street, Huntingdon, PA 16652

Please bring yoga mat, yoga block, yoga strap, and water as needed. Some supplies will be available.

Classes fill quickly. Pre-registration is required. Please contact Tracy Lake of Lake House Herbs at lakehouseherbs@gmail.com or 814-506-7107.

FOR AGES 13 AND ABOVE

COST:

\$5 donation to the non-profit Huntingdon Health and Wellness Association.

These classes are designed so that all individuals can benefit from yoga whether curvier, older, or with flexibility limitations.