



GENTLE YOGA WITH TRACY LAKE

**Starting January 12, 2019:
Saturdays from 9:30 to
10:45 am**

**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.

For additional information 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.