

Good morning, friends and neighbors,

My name is Lauren Dinsmore and I am excited to be offering a Wednesday morning yoga class here at Old Donation Episcopal Church, beginning on Wednesday, January 4, 2023. I am a certified yoga teacher having completed my 200-hour training at Studio Bamboo Institute of Yoga, here in Virginia Beach. This class is designed for all levels of experience. If you can breathe, you can do yoga.

My wish for you is that you will experience a feeling of ease and quiet that you can carry with you into your everyday busy life.

This will be an hour-long donation-based class with a suggested donation of \$10.00, half of which will be returned, with thanksgiving, to Old Donation Episcopal Church. Cash donations are requested, please. I do not have the ability to accept credit/debit cards or checks.

“What do I need for this class?”, you may ask. Students should be able to get down and up from the floor. Wear comfortable clothing. You will need your own yoga mat and yoga blocks/straps may prove helpful. A beach or bath towel are good to have for extra cushioning under cranky knees. That’s it? That’s it.

So, bring yourself, bring your friends, bring your smile and join me on your mat Wednesday mornings at 9:15 for yoga at ODEC. If there is sufficient interest, an afternoon class may also be offered.

Namaste,

Lauren Dinsmore

Please email me at the address below prior to noon the Tuesday before class so I know how many to expect:

Lsdyoga3@gmail.com