

YOGA at Silver Spring

Did you know???

- SSPC has been offering YOGA at the church since April of 2010!
- Many of the original attendees are still participating!
- Most of us began as beginners :) and we are all still learning & improving!
- ALL are WELCOME to any of our classes!
- **Yoga is great for your body and soul!** It is a fabulous core strengthening exercise, can improve balance and flexibility, helps improve focus, often improves sleep, and empowers us to cope more effectively with stress!
- We offer classes on-site on Tuesday and Thursday mornings, and via ZOOM on Monday evenings!
- All classes are taught by Registered Yoga Teachers (RYT) and all three of our teachers have been with us for many years! Our teachers offer modifications to those who are new to yoga.
- We continue to attend because we can feel (and see) the difference it has made in body and mind!
- Our classes are very AFFORDABLE! \$40 for 6 consecutive weeks (same day) or \$10/class if you prefer to just drop-in.
- We have FUN and have made new friends :)
- We welcome YOU!!! We are open to the community so grab a friend, bring your mat, and join us.

Contact Lisa Janson at lisaj626@gmail.com for more information, & God Bless!