Wing & A Prayer Wellness

United Methodist Church of Geneva

211 Hamilton St. Geneva, IL www.genevaumc.org

Wellness 101: *Weekly sessions to nourish body and soul*

Mondays 11:15 am – noon or Thursdays 8:15 - 9:00 am

Summer Session I: June 6-27 Summer Session II: July 11-August 1

These classes help create ease in body, mind, heart, and spirit. Sessions include exercises for flexibility, strength, balance & stability, breathing, relaxation, and meditation. Practice at your own comfort level—on a mat, on or off a chair. Participate in person in the spacious Fellowship Hall or at your location of choice Online. Additional class times available upon request.



Facilitator **Jane Siarny,** MFA in Dance and Certified Yoga Teacher is dedicated to uplifting the human spirit through creativity, community building and body wise practices. She continues to be an advocate for embodied spirituality and helping individuals and groups find health and wellness through the expressive arts. Her other ongoing contributions are leading InterPlay, Expressive Movement and Drama in worship and education.

Information/registration/fees/financial assistance:

630/715-8590 ~ jsiarny@att.net