

# Free yoga in the Cathedral



Sundays 2-3pm  
Starting September 24<sup>th</sup>!

Come explore the link between the body-mind connection through the practice of yoga, meditation, and journaling. Classes will start with either light journaling and/or meditation and be directly followed by a gentle yoga flow. Please bring a mat, towel, and journal. Classes will be taught by Yoga Instructor Judi Moreno. This weekly free offering to the entire Sacramento community is sponsored by Trinity Episcopal Cathedral. Check out Judi's beautiful yoga journey here: [goo.gl/38wd5H](https://goo.gl/38wd5H)

If you have questions, contact Rev. Megan: [Megan@trinitycathedral.org](mailto:Megan@trinitycathedral.org)



**TRINITY CATHEDRAL**  
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