

Yoga Schedule

With the hustle and bustle of the Holidays upon us, take time Saturday mornings at 10:00 AM to refresh your body, mind, and spirit with yoga classes offered by Lois Howlett here at First Universalist.

Classes continue this Saturday, November 19 and Saturday, November 26 right after Thanksgiving. However, no class December 3 because of the Holiday Fair.

Donation: \$10.

Questions? Call Lois at 847-3055 or email: loishowlett@yahoo.com.