



FUNDRAISER FOR HOPE SPRINGS FARM

ENCOUNTER CHURCH OF PALMYRA
220 Campbelltown Road, Palmyra, PA

4 WEEK ADULT YOGA CLASS

October 3, 10, 17, 24

Wednesdays 6:30 pm - 7:30 pm



Hope Springs Farm is a nonprofit Program for adults with Developmental Disabilities and Autism. On April 23, 2018 an overnight fire destroyed the Hope Springs barn and some of their beloved animals perished in the fire. This Fundraiser is to help raise money to rebuild the barn.

\$40 for 4 Classes or \$10 for Drop-ins

Please make checks payable to "Hope Springs Farm"

Come on out to Encounter Church and help raise money for Hope Springs Farm and give yourself the gift of quieting your mind and connecting with your body through the discipline of yoga! We will practice deep breathing, relaxation techniques, and various

yoga poses in a relaxed and mindful manner. No prior yoga experience is needed. Please dress in loose comfortable clothing and bring a yoga mat or beach towel. Please contact Pat Steely at 717-926-4312 by September 26th to register for the class.

Space is limited so please register early. Thank you!



The class is taught by Pat Steely, M.Ed. Pat is a retired Special Education Teacher and the owner of Yoga for Kids, LLC. She is a Certified ChildLight® Yoga Teacher and a Licensed Yoga 4 Classrooms® Trainer.