



**Join us for a free yoga class
at Congregation Etz Chaim
Wednesday, May 3rd
from 5:15 – 6:00 PM.**

**This is a 45 minute gentle
Hatha Vinyasa yoga class.
Dress comfortably, bring a mat (or a
towel) and a smile –
no experience needed.**

**This class is being taught by certified
yoga teacher, Stacey Rychlewski.**

Sponsored by Congregation Etz Chaim Sisterhood

