

GENTLE YOGA

@ St. Benedict's in Los Osos



Fridays at 9AM - 10AM
Beginning Sept. 23, 2022

Instructor: Seanna

Donation \$10-\$15 per person

Must RSVP to
Maureen @ 805 441 7262 or
naseema6@sbcglobal.net
to determine space available.

Masks required inside church, must bring a yoga mat,
water, blanket or any other props you may need.

Looking forward to seeing church members and friends.