

# YOGA



for Body  
and Spirit

at

Immanuel Presbyterian Church

**When: Wednesdays, beginning September 9, 2009**

**Adv. Beg/Intermediate Yoga 9:15-10:45 AM**

**Gentle or Slow Yoga (beginners) 11:15-12:15**

**Where: Immanuel Presbyterian Church (just past the CIA)  
1125 Savile Lane, McLean 22101**

**Who: Taught by a certified Yoga teacher with 20 years  
experience.**

**Cost: FIRST CLASS IS FREE! After initial class, \$15 for  
drop-in or 6 classes for \$75.**

**More Info: [www.ipcmclean.org](http://www.ipcmclean.org) or call Cherie at 703 893-0220**

**Please bring a yoga mat and a friend to class.**

**Join anytime! Everyone is Welcome!**