

# In Person & Virtual SUMMER YOGA CLASSES

Join yoga and meditation teacher Brenna Ricci for weekly stress reduction, relaxation, and healing.



**\$25  
OFF**

Book by May 1 and save \$25 on the summer series.

## Virtual Classes

**9:30 - 10AM**

**JUNE 1-AUG 31**

No virtual class 6/15, 6/29, 7/27 and 8/31/2024

**REGISTER NOW**

Pre-registering before yoga and wellness classes is required. Zoom meeting links will be sent in advance.

570-404-1913

brenna2911@gmail.com

www.catcowyogawellness.com

## In Person Classes

**9:30 - 11 AM**

**6/29, 7/27, 8/31/2024**

First Presbyterian Church, 402 N Main St  
Coudersport, PA 16915

**\$175 Summer Series includes:**

- 3 in person yoga classes
- 10 live/virtual yoga classes
- meditation and breathing (pranayama)
- heart-to-heart connections