

# Yoga for *Your* Body

A special series of free yoga classes for beginners, focusing on body movement and modifications for men & women who are overweight or obese.

*We will work through the basics of healthy movement based on yoga and mindfulness. I've found that instructors who do not share the experience of obesity just don't get it. I will provide you with the knowledge and modifications you need so that you can participate with confidence.*  
- Instructor Gloria Mast

## Dates & Times

Monday, August 8, 5:30-6:30 PM (3rd Floor Meeting Room)  
Wednesday, August 10, 5:30-6:30 PM (2nd Floor Wellness Room 1)  
Monday, August 22, 5:30-6:30 PM (3rd Floor Meeting Room)  
Tuesday, August 23, 12:00-1:00 PM (3rd Floor Meeting Room)  
Wednesday, August 24, 5:30-6:30 PM (2nd Floor Wellness Room 1)  
Tuesday, August 30, 12:00-1:00 PM (3rd Floor Meeting Room)  
6:00 - 7:00 PM (2nd Floor Wellness Room 1)  
Wednesday, August 31, 12:00-1:00 PM (3rd Floor Meeting Room)  
Thursday, September 1, 6:00-7:00 PM (2nd Floor Wellness Room 1)  
Tuesday, September 6, 6:00-7:00 PM (3rd Floor Meeting Room)  
Wednesday, September 7, 12:00-1:00 PM (3rd Floor Meeting Room)  
Thursday, September 8, 6:00-7:00 PM (2nd Floor Wellness Room 1)

## Key Info

Location:  
Lancaster General Health  
Suburban Outpatient Pavilion  
2100 Harrisburg Pike

Please enter through the main entrance of the 2100 building and follow the signs to the class.

You may attend one class, a few, or all of them! We welcome new students at every class.

Wear comfortable clothes that allow you to move freely. Feel free to bring a mat if you have one, or you can borrow one of ours.

If you have any questions, please contact the Wellness Center at 717-544-3811.