

The Gathering Garden presents:

Yoga

The Gathering Garden Center for Spiritual Life
at Gwynedd Friends Meeting
1101 DeKalb Pike
Gwynedd, PA 19454
www.gwyneddmeeting.org



YOGA CLASSES: WEDNESDAYS (beginning OCT. 5, 2016)

6:00 – 7:00 PM

Uma Anmangandla, a student of Ashwini Aragam, a certified Yoga instructor, will offer classes of gentle Hatha yoga. Bring towel or yoga mat for sitting on the floor and wear comfortable clothing. Register on the first evening.

No registration needed

Location: Community Room

Cost: \$4 per class

Contact: Uma; UmaAnmangandla@gmail.com for questions.