



# YOGA W/MEDITATION

*for Stress & Anxiety Reduction*

**\$10/class minimum suggested donation for:**

## Alm♥st H♥me

### Animal Rescue League

A foster based  
non-profit (501)(c)(3)  
organization



Dedicated to finding  
loving forever homes for  
homeless animals



**9-class Series - Friday Mornings @ 10:30am**  
**Pinckney Community Public Library**  
**January 26 - March 22**



*presented by: Crysterra Wellness*

**Space is limited - Registration is required**

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