

Christian Yoga

for St. Bart's Parishioners and Friends

Series of four classes led by **Dawn Summers**

Thursdays, May 6, 13, 20, 27

from 6:00 to 7:15 p.m. in the Media Center

\$50 per person for the series, or \$15 to drop in for a single evening.

This class is a unique combination of peaceful Gospel, prayer and reflection time, with gentle movement, stretching and relaxation.

Please bring a yoga mat or beach towel and wear comfortable clothes.

Register as soon as possible with your name and contact information. Make checks payable to **St. Bartholomew** and send to:

St. Bart's—Yoga Class

600 Columbia Dr. • San Mateo, CA 94402

*For questions, or more information, please
call **Barby Regan at 347-0701, ext 18**
or email **barby@barts.org**.*

