

**Name of Small Group:**

***SPIRITUAL CHICKS'***

***Introductory YOGA***

**Group Facilitator:**

Ruth Thompson

**Yoga Instructor:**

Heather Johnston

**Place of Meetings:**

Trillium – Brobst Room

**Duration of Group:** *(negotiable)*

Eight sessions: Monday, January 18 to March 8

**Time of Meetings:**

7:00 p.m. - 9:00 p.m.

DESCRIPTION ON REVERSE

For further information, to participate in this group, or discuss day, time, or place, please call Ruth Thompson at 519-650-3376.

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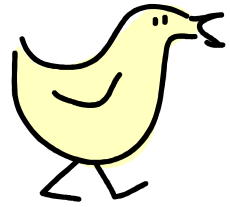
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The "spiritual chick's" question is:



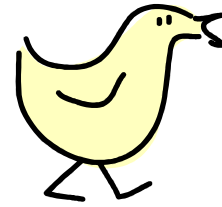
*How can we take care of our physical and spiritual health?*

There are several ways to do this. For this session, we have selected Yoga as our activity. The benefits of Yoga are many, including: increased flexibility, increased lubrication of joints, ligaments and tendons, increased blood circulation, muscle toning and stress relief.

Sessions will follow a Small Group format: Opening prayer, check-in discussion, spiritual activity, yoga activity (approximately one hour) and closing prayer. Trillium's Core Values and Bedrock Beliefs are respected.

Eight sessions. Fee \$60/person for Yoga instructor. You will also need an exercise mat and blanket.

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