



YOGA

by Madeline Gruber

Wednesday
Mornings
9:30 - 10:30 AM
ITFC Gym

May 1 | 8 | 15 | 22 | 29

Donation based yoga class

- Certified yoga instructor
- **Class description:** physical meditation designed to safely increase strength, promote a healthy mindset, release emotional stress and anxiety, and allow one to develop a deeper sense of self
- All donations will go to support ITFC class scholarships
- Minimum donation requested \$10. First come first serve - with a limit of 15 spots per class

To sign up please contact Molly Mills mmills@vbs.org or **818-530-4031**