

Yoga at Reformed Church of Bronxville

A different way to pray...

Yoga for You: “Strength in the Stillness”



With Kate Vantucci, upstairs in Room 400
9 – 10:15am, Friday mornings
(+ optional coffee/tea break afterward, till 11:00)

Nourish your spirit and soul!

Come for an hour-and-fifteen-minute yoga class with certified instructor Kate, RYT, from Yoga Haven. Your first class is \$10, and subsequently we ask that you commit to a 5- or 10- class card. *Beginners welcome!* **Starts September 25th**. Childcare available – call Alexis, ext. 118. Sponsored by The Reformed Church’s Adult Christian Education Ministries.

A word about the instructor: Kate Vantucci found yoga at an early age, but it wasn't until 2003 that she began a serious practice. Kate received her 200-hour teaching certification from Yoga Haven in May of 2007, and has been teaching ever since. She teaches an asana practice that not only strengthens the body but brings stillness to the mind. She finds pure joy in her practice and hopes to share that joy with everyone who wants to come along for the ride. Kate is insured, and is registered with Yoga Alliance.