

My Body is a Temple

**DROP-IN AFTERSCHOOL YOGA**

**AGES 7-14**

Introducing meditation as an instrument of peace

Integrating animal postures, breath, movement

**FREE Orientation Class Wed, Jan 16**

**Wednesdays 3.30-4.30pm | starts January 16**

**$10 per class**

Pick-up available from PS 321

Old First Church, Lower Hall

729 Carroll at 7th Ave, Park Slope, Brooklyn

More info: 917.837.7579 | [jennyburrill@gmail.com](mailto:jennyburrill@gmail.com)

Proceeds benefit the Old First ceiling restoration fund