

*Fall into your Practice!*

with Christ's Light Yoga

## Therapeutic Yoga

**TUESDAYS**

9:30 - 11:00 AM • Gym

**FRIDAYS**

8:00 - 9:30 AM • Gym

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**Bikram-Ease**

**TUESDAYS**

4:15 - 6:00 PM • Rm 8

**Vinyasa Flow**

**THURSDAYS**

3:00 - 4:30 PM • Rm 8

*Yachats Commons*

Donations Accepted • Call Altruh 541-547-4138

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held at Yachats Lions Club • Sept 18-28