

Sea Change Yoga Donation Class

Please join us for a donation yoga class to benefit Sea Change Yoga. Sea Change Yoga brings the healing power of yoga to people in recovery, people in prison, at-risk youth and many others who might not have the resources to access yoga. The class will be held in the beautiful St. Joe's Dance Room and is open to all faculty, students and local community.

This fun and informal yoga class is appropriate for all levels and bodies - no prior yoga experience is necessary. The session will be led by Maggie Walker from Sea Change Yoga.

Date: November 25

Time: 5:15-6:15pm

Location: St. Joe's College Dance Room, 278 Whites Bridge Road, Standish, ME 04084

Cost: We suggest a \$25 donation but welcome you to donate at whatever level feels generous to you.

Register here: www.picktime.com/alfondcenter.

Contact: Sea Change Yoga at <https://www.seachangeyoga.org/>

Contact: Maggie Walker at maggieqwalker@gmail.com



seaCHANGE
YOGA



FALL DONATION- BASED YOGA SERIES

9/30, 10/28 & 11/25

5:15 - 6:15 PM

STANDISH, ME

**LED BY SEA CHANGE YOGA
BOARD MEMBER MAGGIE WALKER**