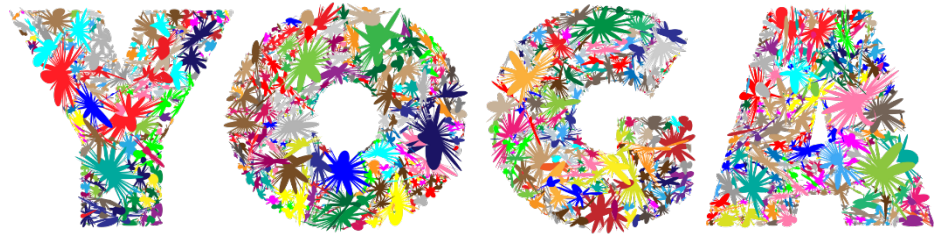




ZOOM



Congregation Beth Shalom Sisterhood Invites You to Join Us for Zoom Yoga

with Laura Burton of Honor Yoga
(Laura is the daughter of our own Myrna Nelson!)

This is a basic yoga class

Bring a blanket, water, and a mat (if you have one, but not required)

Monday, October 26 at 7:00 p.m. via Zoom

Please RSVP by Friday, October 23
To: Myrna Nelson at myrna1134@gmail.com

Zoom link will be sent after the RSVPs have been received



Yoga allows you to find an inner peace that is not ruffled and riled by the endless stresses and struggles of life.

~B.K.S. Iyengar