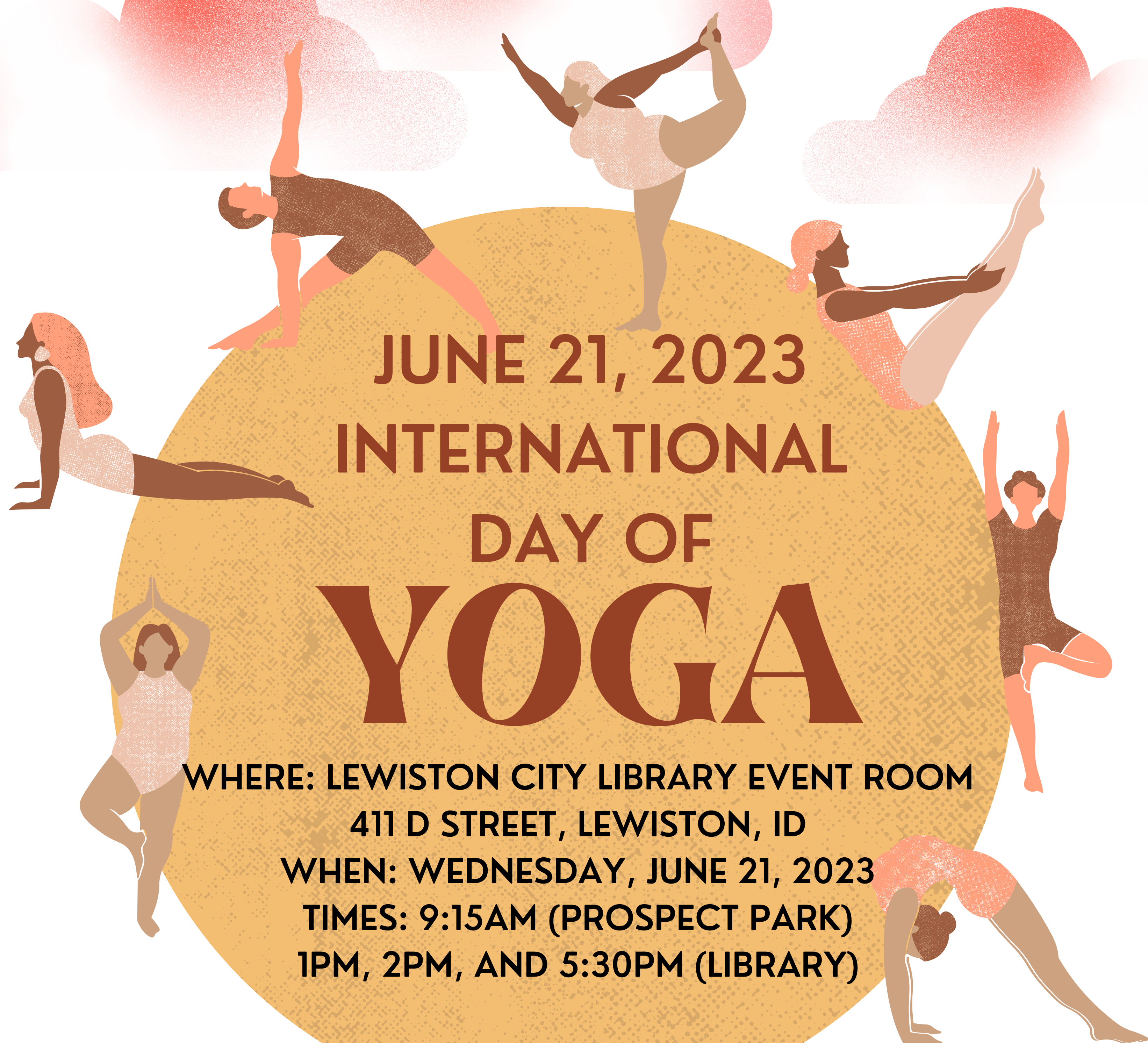


**JOIN LOCAL YOGA TEACHERS FOR A DAY OF
CELEBRATION AND FREE YOGA SESSIONS!**



**JUNE 21, 2023
INTERNATIONAL
DAY OF
YOGA**

**WHERE: LEWISTON CITY LIBRARY EVENT ROOM
411 D STREET, LEWISTON, ID**

WHEN: WEDNESDAY, JUNE 21, 2023

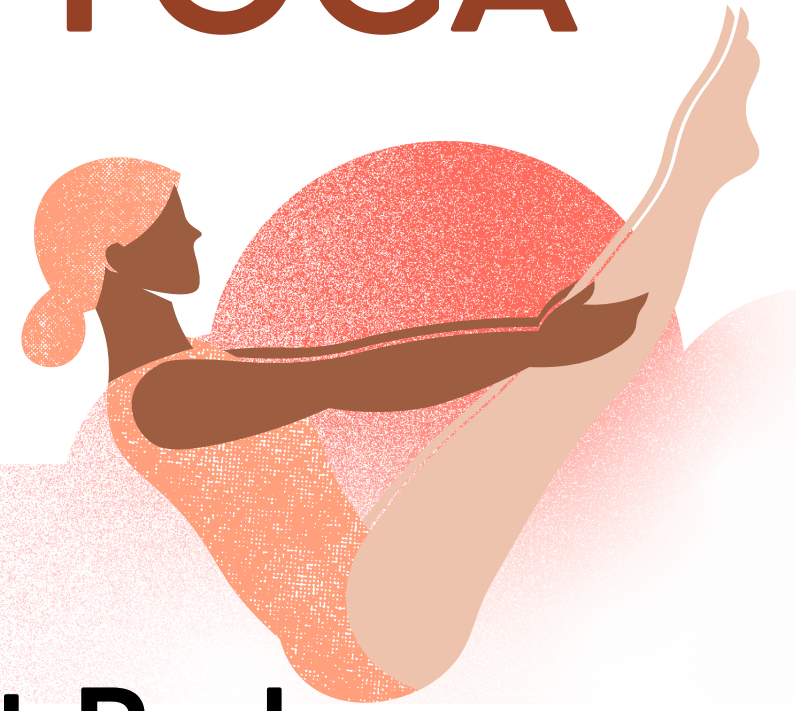
**TIMES: 9:15AM (PROSPECT PARK)
1PM, 2PM, AND 5:30PM (LIBRARY)**

**EVERYONE IS WELCOME-NO EXPERIENCE NECESSARY!
WEAR COMFORTABLE CLOTHES, BRING WATER BOTTLE, MAT
OR TOWEL**

**QUESTIONS? CONTACT JEANETTE AT
INFO@JGBYOGA.COM OR 208-791-5573 OR
THE LEWISTON CITY LIBRARY AT 208-798-2525**

JUNE 21, 2023

**INTERNATIONAL DAY OF YOGA
SCHEDULE**

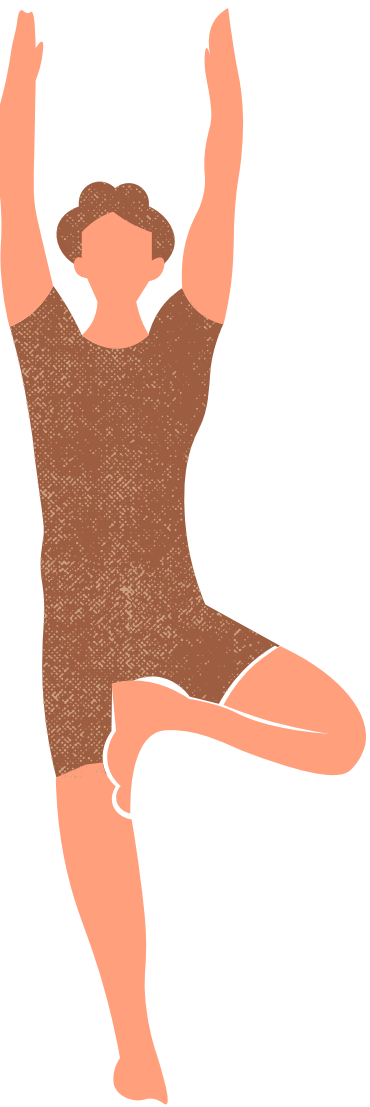


9:15AM

**Outdoor Partner Yoga at Prospect Park
with Jeanette Gara-Betozld**

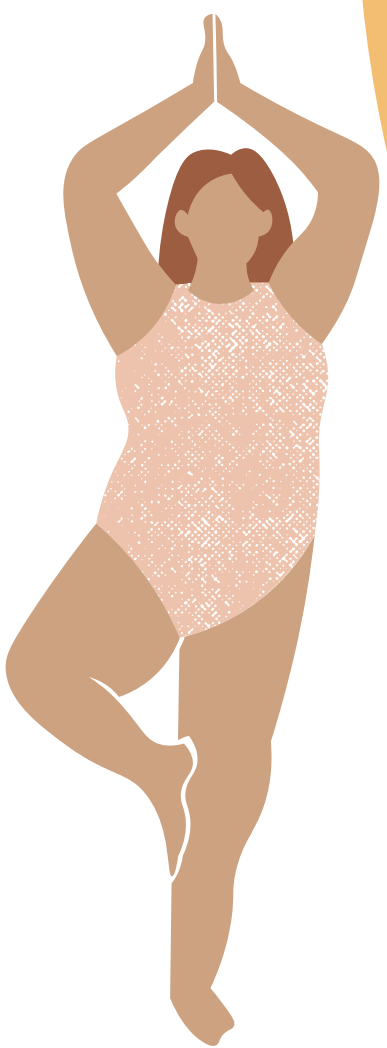
1PM

**Yoga for Back Care
with Loretta Tye**



2PM

**Meditation
with Christina Stalnaker**



5:30PM

**Yoga Flow
with Teresa Parkey**

**Indoor Classes in the
Lewiston City Library Event Room**

**All classes on International Day of Yoga are
FREE and Open to the Public!**