

# FREE Yoga in the Village Every Saturday in December!

(except New Year's Eve!)

**Feel Better Inside!  
Look Better Outside!**

- ☪ Classes are FREE for those bringing a donation to the Baldwin Center (see below).
- ☪ No Sign-up Necessary; 16 years or older.
- ☪ No previous Yoga Experience Required (for Basic/Beginner Class).
- ☪ Registered Yoga Teachers (RYT®) from UpDog Yoga's Om Squad.
- ☪ Loaner Mats available.
- ☪ Come As You Are.
- ☪ Leave Your Stress Behind.



## Class Schedule

(all classes take place on main street between the Gap and Children's Place)

### December 3

10:00am ... Power Yoga  
11:30am ... Basic/Beginner Yoga

### December 10

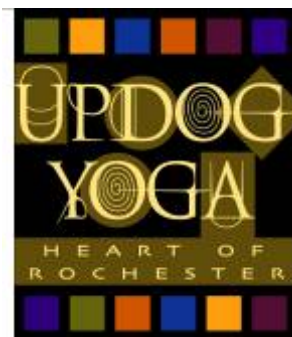
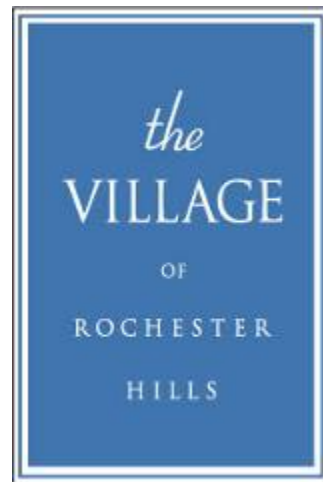
10:00am ... Power Yoga  
11:30am ... Basic/Beginner Yoga

### December 17

10:00am ... Power Yoga  
11:30am ... Basic/Beginner Yoga

### December 24

10:00am ... Power Yoga  
11:30am ... Basic/Beginner Yoga



The Om Squad is trading "classes for donations" for Pontiac's Baldwin Center during the holidays. Donations can be dropped off before, during or after the free yoga classes. The Baldwin Center desperately needs toiletries, canned goods, warm coats and new unopened toys for teenagers. Please bring your donation to the Om Squad during the class times listed above!