



# **GENTLE YOGA WITH TRACY LAKE**

**Saturdays:  
9:00 am to 10:15 am**

**Natural Connection Wellness Center  
313 Fourth Street, Huntingdon, PA 16652**

**Please bring yoga mat, yoga block, yoga strap, and water as needed. Some supplies will be available.**

**For information, please contact Tracy Lake of Lake House Herbs at [lakehouseherbs@gmail.com](mailto:lakehouseherbs@gmail.com) or 814-506-7107.**

**FOR AGES 13 AND ABOVE**

**COST:  
\$5**

**These classes are designed so that all individuals can benefit from yoga whether curvier, older, or with flexibility limitations.**