



## **GENTLE/KIND YOGA WITH TRACY LAKE**

**Mondays: 9:00-10:15 am**

**Fridays:**

**Session 1: 9:00 to 10:15 am**

**Session 2: 10:45 am to noon**

**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 at**

**[lakehousewellnessllc@gmail.com](mailto:lakehousewellnessllc@gmail.com) or**

**814-506-7107.**

**FOR AGES 13  
AND ABOVE**

**COST:**

**\$8 for non-  
members and  
\$6 for members.**

**Bundle prices  
available from  
instructor.**

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