

Yoga for Good

Good for your body, good for your soul!

Sunday February 12, 10:00 am



Bring your Yoga mats and come join the Elks as the extraordinary Jacci from High Mountain Wellbeing leads us in the first ***Yoga for Good*** practice. Donate as much as you like – all funds donated will go to Horses for Heroes. Each month's practice will support a different local charity.

Elks Lodge, 1601 Trinity Ave. Enter in the East door (facing 15th Street.) Everyone is welcome!

To donate electronically, scan this QR code:



<https://elks.org/2083>

<https://www.highmountainwellbeing.com>

<https://www.horsesforheroes.org/>