

YOGA

Stay Young & Healthy

Jo Lynn Gazo is a Certified Yoga Instructor. Beginning on May 11th- Classes are offered Thursday evenings from 6:30pm - 7:30pm at Tolman House (located directly across from the Main Church Building).

All Ages and Abilities Welcome!

Classes are \$10 per class
or
\$35 per month

Classes starting soon at
St. Mark's & St. John's!
Contact the Parish Office
for more details!

St. Mark's & St. John's
Episcopal Church
21 Race Street Jim Thorpe
570-325-2241
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What is Yoga?

Yoga is an ancient practice that brings together mind and body. It incorporates breathing exercises, meditation, and poses designed to encourage relaxation and reduce stress. Practicing yoga comes with many benefits for both mental and physical health. Such benefits include: Decreases Stress, Relieves Anxiety, Reduces Inflammation, Could Improve Heart Health, Fights Depression, Reduces Chronic Pain, Promotes Good Sleep Quality, Improves Flexibility and Balance, Increases Strength, Promotes Good Eating Habits, and Helps Breathing.