

Yoga for Mental Wellness

Wednesdays 7 pm to 8 pm
June 20th-Dec. 12th

(no class on June 27th, Aug. 29th or Nov. 21st)
Week of June 25th class on Thursday June 28th



What:

FREE weekly yoga classes designed for individuals struggling with mental health concerns.

This is a drop in class. We suggest attending as often as you can to gain the benefits of a consistent yoga practice.

Classes are open to adults 18 and older.

Please bring a mat and block if you have one.

Where:

Grandview United Methodist Church
888 Pleasure Rd, Lancaster, PA 17601

Why:

Yoga has been found to benefit individuals with difficulties regulating their emotions, managing stress, and symptoms of mental illness through the use of mindfulness, movement, and breathwork. Yoga also creates a sense of community and connection through supporting each other in moving and breathing together.



Yoga Instructor: Emily Tangert, M.S. Mental Health Therapist 717-390-0353 tangerte@csgonline.org
Sponsor: Joe Mills, Program Manager of Compeer Lancaster 717-397-7461 JMills@compeerlancaster.org