

# FREE YOGA DEMO CLASS

## JANUARY 16, 2019 @ 1 pm

Join us for a free sampling of mind-body awareness,

Sound bath and Yoga practice

**\*\*BRING YOUR OWN MAT\*\***



**To sign up or for more info, contact: Sofia Carreras**

**[scarreras@interchurch-center.org](mailto:scarreras@interchurch-center.org)**

**Open to TIC Tenant Employees Only**

**Limited Space Available**

**Sign Up Deadline: Jan 11th**