

THIS HOLIDAY SEASON, WE WILL BE HOLDING  
A DONATION BASED CLASS ON TUESDAY  
EVENINGS IN DECEMBER AT 6:30PM YOGA  
NIDRA

# *Comfort and Joy*

## A CHARITY DRIVE TO SUPPORT OUR COMMUNITY



Please bring any of the following:

- Gift Certificates-Best Buy, Old Navy, American Eagle, Mall Cards, Sears, Job Lot
- Movie Passes
- Hair Dryers
- Make Up Kits
- P.J. Bottoms
- Watches
- Clock Radios
- Diaries
- Sweatshirts Size Large, Extra Large
- Hats and Gloves one size fits all
- Toiletries
- Diapers

Donations will go to  
Marshfield Community  
Christmas

Sign up for classes at  
[unplugyoga.com](http://unplugyoga.com) or download our  
app.

Thank you for your kindness.