

HoCo Ladies! Join us for...

OCTOBER YOGA

All classes are held in
Glenwood, Western
Howard County and
are given by donation!

Drop in for any and all dates!



**Zoom
virtual
option
available!**

- Wednesday October 1st 10am
- Wednesday October 8th 10am
- Wednesday October 15th 10am
- Wednesday October 22nd 10am
- Wednesday October 29th 10am
- Saturday October 25th 9am



1 hour
slow-flow all level Christian yoga



Connect With Me:

@eight28_movement

More Information:

www.eight28purpose.com