



Join us - All levels Yoga Class

Mondays @ 5:30pm- 630pm – come at 5pm.

Location - the gym at Montrose Zion United Methodist Church

Donation based class. No experience required.

Connect mind, body and spirit through mindful movement, prayer and devotion-

With teacher Jen Scourfield of Shine Life Yoga and Movement

For Questions Call -330-730-4536