



**Please Join Us!
Let Your Yoga Dance
Fundraiser for Ukraine**

**April 23, 2022 at 11 am-12:30 pm
at**

**Lumberland Town Hall
1054 Proctor Rd, Glen Spey, NY 12737**

**All proceeds going to Ukrainian Humanitarian
Relief - Suggested Donation \$20.00**

Let Your Yoga Dance is a movement practice that incorporates both yoga & dance and is for everybody (EVERY BODY)! Chairs will be available. No Yoga or Dance experience necessary (no crazy pretzel shapes or complicated choreography).

Fun! Fun! Fun!

Space is Limited!

**For more information &/or to register -
idblethen@icloud.com or text/phone (845)551-9901**