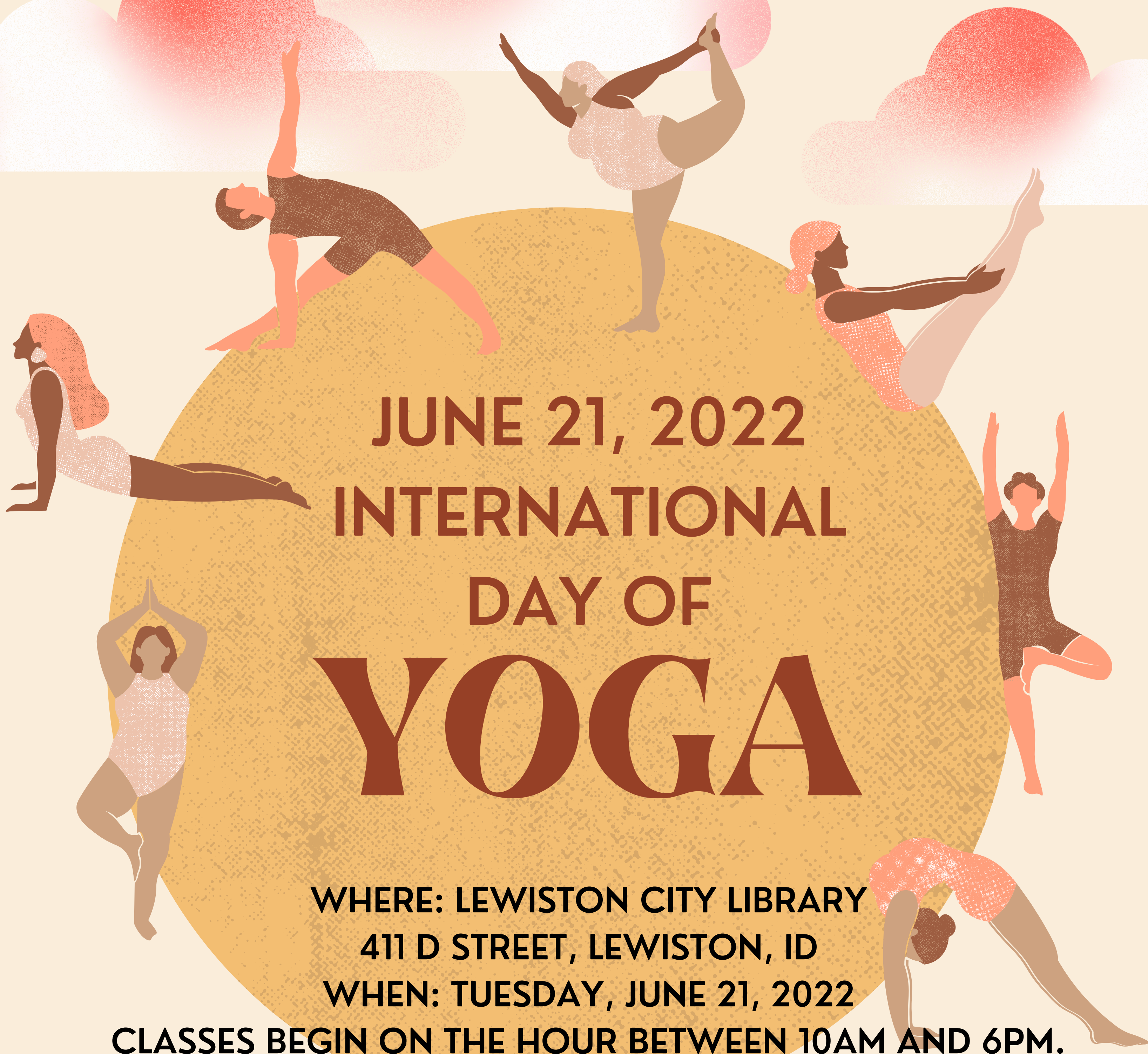


**JOIN LOCAL YOGA TEACHERS FOR A DAY OF  
CELEBRATION AND FREE YOGA SESSIONS!**



**JUNE 21, 2022  
INTERNATIONAL  
DAY OF  
YOGA**

**WHERE: LEWISTON CITY LIBRARY  
411 D STREET, LEWISTON, ID**

**WHEN: TUESDAY, JUNE 21, 2022**

**CLASSES BEGIN ON THE HOUR BETWEEN 10AM AND 6PM.**

**EVERYONE IS WELCOME-NO EXPERIENCE NECESSARY!  
WEAR COMFORTABLE CLOTHES, BRING WATER BOTTLE, MAT  
OR TOWEL (MATS WILL BE AVAILABLE TO BORROW)**

**QUESTIONS? CONTACT JEANETTE AT  
INFO@JGBYOGA.COM OR 208-791-5573**



**JUNE 21, 2022**

**INTERNATIONAL DAY OF YOGA  
SCHEDULE**

**10AM**

**Opening Ceremony and Gentle Yoga with  
Jeanette Gara-Betozld**

**11AM**

**Slow Flow and Yin Yoga with Krystle Monda**

**NOON**

**Lunch Break Gentle Yoga with Teresa Parkey**

**1PM**

**Yoga Medicine and Intentional Healing with  
Loretta Tye**

**2PM**

**Laughter Yoga with Lisa Sanphillipo**

**3PM**

**Yoga Nidra with Kayla Sanders**

**4PM**

**Partner Thai Yoga with Katie Swenson**

**5PM**

**Vinyasa Flow with LeeAnn Wiggin**

**6PM**

**Meditation and Kirtan**

**All classes in Lewiston City Library Event Room**