

**What can you do to help your
community during a global pandemic?**

YOGA!

**Join Bill Ekey and Kathy Heimburger at the Lighthouse
11:30 am on Mondays, Wednesdays, and Fridays for
Gentle Yoga and Meditation**

**Dress comfortably. Bring any yoga props that you like to use.
Props can include: Mat, towel, 2 yoga blocks, and water**

**Classes are weather dependent and will be moved to ZOOM if needed.
You can be added to our email list for updates and links by emailing:**

kathy.h.yoga@gmail.com

**These donation based classes will help support the Concord
Point Lighthouse's good work in our community.**

WAYS TO GIVE:

- **Cash donations can be made during class to benefit the Concord Point Lighthouse.**
- **Donate directly to the Concord Point Lighthouse website.**
- **Volunteer at the Lighthouse. An act of kindness goes a long way.**