



The SGT Jan Argonish Ride Presents

Matthew Sanford
Waking Mind and Body



In honor of Veteran's Day, join nationally recognized yoga teacher,
Matthew Sanford for a **FREE YOGA CLASS**

Sunday, November 13th

9:00 AM - 10:15 AM

At the Lyceum (CYC)

(on the corner of Jefferson and Vine St. Scranton)

Alignment is a universal principle of yoga that does not discriminate. Increasing alignment helps everyone's yoga pose because it integrates mind and body without overt muscular action. Through a variety of yoga poses, Matthew helps students explore the sensation of alignment and how it increases strength, balance and flexibility in every student regardless of their level of experience.

All levels welcome!

Assistance will be available for anyone with special needs.