



Alumni & friends please join us for a three week **FREE** yoga pilot program!

Mark your calendar & join us for three 75 minute classes:

*Monday, October 14th at 6 p.m.*

*Tuesday, October 22nd at 12 p.m.*

*Friday, November 1st at 10 a.m.*

As we enter the fall season, reconnect with yourself, your community and enjoy classes themed around gratitude.

All levels welcome, even if you've never tried yoga. Enjoy a safe, supportive environment with your Warner Pacific family.

Classes located in Upper Egtvedt, Room 203  
2219 SE 68th Avenue  
Portland, OR 97215  
[warnerpacific.edu/yoga](http://warnerpacific.edu/yoga)



Guest Teacher:

Heidi Pollard-Hermann  
RN, MA, MSN, RYT-200

Heidi is passionate about sharing yoga to bring deeper peace, healing and joy to every moment of life.

For additional information contact:  
Cindy Pollard, Director of Alumni,  
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