

Keep it Simple

Yoga

For 12-stepping women

10:30am – 11:45

**3rd Tuesday of each month
starting September 16**

**All Saint's Parish Hall
School Street, Littleton**

Voluntary donation

All proceeds go to All Saint's Discretionary Fund to benefit individuals & families in need of fuel assistance, transportation to medical appointments, etc.

Taught by a Registered Yoga Instructor celebrating
21 years of sobriety

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