

Yoga for health and happiness...



## AICH Summer Yoga Series

AICH is offering a series of FREE yoga classes to all community members and staff. The classes will be taught by Roger Kuhn, a member of the Poarch Band of Creek Indians, every Wednesday night beginning at 6pm.

Yoga has many health benefits and has been known to increase overall flexibility, health, emotions and body tone. Classes are an open level format and great for beginners or the more advanced yogi.

For more information contact Lin Campbell at: (212) 598-0100, Ext. 257



Yoga at AICH

Every Wednesday beginning  
May 20th through July 27th



**AICH.ORG** *New York City*  
American Indian Community House