



BREATHE FOR CHANGE

FREE Community Wellness Class

Breathe For Change is a well-known Yoga Teacher Training that has a mission in empowering individuals to enhance well-being in their lives and communities.

Lane Krumpo, one of the B4C graduates, invites you to join her in an hour and half wellness class.

Participants will learn skills...

- to help with stress management and anxiety
- nonviolent communication and peacebuilding
- self-regulation, emotional awareness, and empowerment

➤ — Lead with Love — ➤

Yoga & Meditation

Mindfulness

Self-Care

Community Connection

LANE KRUMPOS

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Bethel Family Center

Starting March 6th

5:30 PM – 7:00 PM

FREE to the community

Classes will be offered

The 1st and 3rd Fridays

of each month

Yoga mats provided. Please bring water and wear comfortable exercise clothing.

Register at:

<https://forms.gle/ngJ2jyCez3Qxzcyt6>

