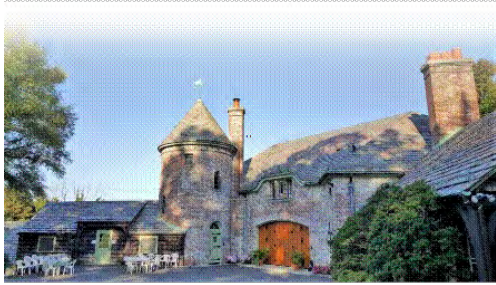


## Belvedere Family Community Reminder: Yoga and Meditation Tonight

Justin Okamoto  
June 20, 2024



### Weekly Yoga and Meditation

Whether you are looking for self-care, meditation or time to move your body - our weekly Friday nights is a time to nourish your mind, body and heart.

Join us tonight at 7:30pm!



# WEEKLY YOGA & MEDITATION

Open for all ages and levels

Whether you are looking for some self-care, meditation or time to move your body- our weekly Friday nights is a time to nourish your mind, body and heart. Led by Pastor Mika.

Every Friday 7:30-8:30PM	At Belvedere Training Center, Room A
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Belvedere Family Community