

# TIME FOR YOU

**TAKE ADVANTAGE OF THESE TWO  
OPPORTUNITIES TO FOCUS ON YOUR  
PERSONAL GOALS**

## **1 MINDFUL YOGA POP-UP**

All levels welcome!

**SUNDAY, DECEMBER 12**

10:15am–11:30am

Spirit, Mind, and Body Room

Ironworks branch

**NO COST. REGISTRATION REQUIRED.**

## **2 2022 INTENTION-SETTING WORKSHOP**

**SATURDAY, JANUARY 8**

10:15am–11:30am

Spirit, Mind, and Body Room

Ironworks branch

\$10 Members | \$15 Community

**VISIT [STATELINEYMCA.ORG](https://statelineymca.org) FOR MORE INFORMATION**

