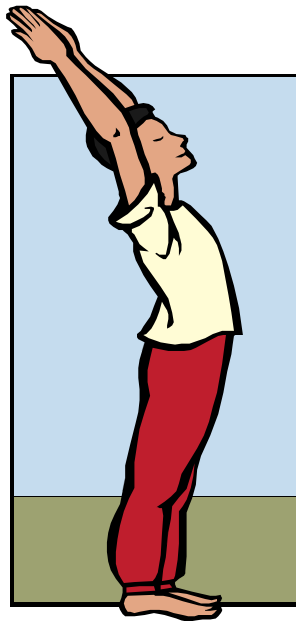


Yoga and Contemplative Prayer

Wednesdays
9:30 - 10:00 a.m.



Come join us for a time of peace and meditation.

We start with 15 minutes of simple yoga stretches, followed by 15 minutes of silent prayer.

Note: You do not need to bring a yoga mat - we usually sit in chairs to pray - unless you want to sit on the mat to pray.

**@ Christ the Lord Church
592 Tennent Ave. Pinole**

(at corner of Tennent and Park St., across from Fernandez Park)

Please enter through the Tennent Ave. doors to avoid disturbing the preschool. We meet in the sanctuary.

For more info, contact Susan Champion at vicarsusan@hotmail.com or 510-724-9141