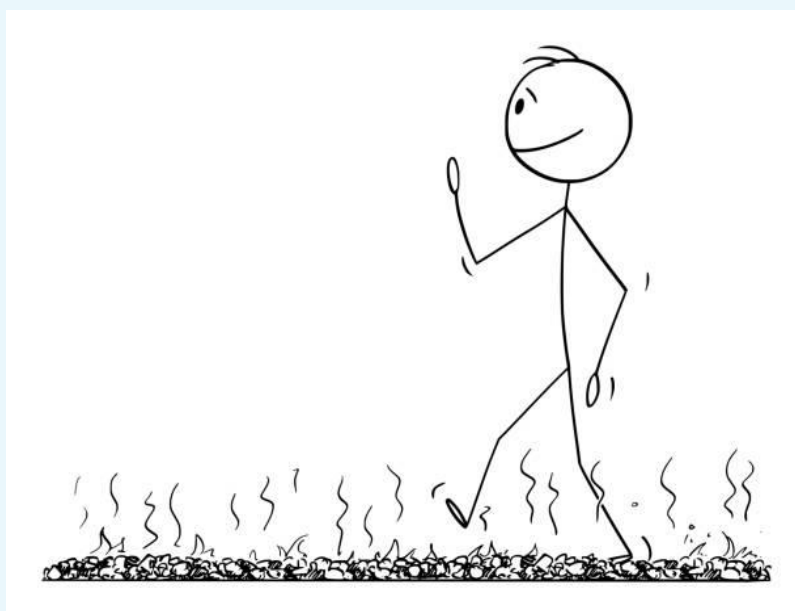




## Come along and support your fellow Ommies

Saturday 30 September - Car Park 3 at Springfield Mills



33 Ommies (students and teachers from Om Yoga Works Leeds) are walking on Fire to raise funds, so that we may continue to deliver our free weekly yoga classes.

The funds raised pay the teachers of the free weekly Teen Class, the weekly Community Class and for the sponsored spaces in other classes too.

Please come along to join us and cheer us along, and please help us to help others and donate a few quid to our cause if you can.

Time: 8.00pm

(Please do not come to the studio unless you are taking part as we will be mentally preparing for the event.)



## Free Community Yoga Class

Tuesday 12.30pm to 2.00pm



Our Community Yoga class is free to anybody who is currently experiencing financial challenges, is on a low-income or in receipt of benefits and would find it difficult to meet the costs of attending a weekly yoga class.



## Free Term Time Teen Yoga

Tuesday 4.00pm to 5.00pm



Free Yoga Sessions for young people aged 12 years upwards to help de-stress, build strength and flexibility in a fun relaxed environment.



## Dates for your Diary

### September:

**23 Saturday** - Song of the Heart at Trinity Church Hall

**24 Sunday** - Paddleboarding at Ellerton Lake

**24 Sunday** - Gong Relaxation with Craig Eddington

**30 Saturday** - Firewalk for Om Yoga Works Foundation

### October:

**07 Saturday** - Somatic Movement for Flexibility with Ian Young

**08 Sunday** - Om Kirtan

**29 Sunday** - Gong Relaxation with Craig Eddington



**Lokah Samasta Sukhino Bhavantu - May all beings be happy and free.**

**Contact us**



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