

Join Us for Yoga at Stillpoint
Most Wednesdays, 5:30-6:30 pm. Please call Barbara at
412-422-3456 to let her know if you plan to attend.



**Bring your afternoon to a tranquil close by practicing yoga,
which revitalizes the body and restores equilibrium.**

A weekly one-hour yoga class is now offered at Stillpoint, located at 137 41st Street, in the Lawrenceville neighborhood of Pittsburgh. [Click here for map.](#)

Yoga means union -- union of the body, mind, and breath. In this class we will focus on uniting these fundamental parts of ourselves, which often seem scattered. Gently stretching our bodies from head to toe, we will focus on each area, using our breath to enhance our flexibility and our awareness.

The class is led by certified yoga instructor Barbara Lebeau. People of all skill levels are welcome. Please bring your own mat or a large towel.

Donations are appreciated, but not required for participation.

Questions? Call Barbara at 412-422-3456 or email bslebeau@verizon.net, with "Yoga at Stillpoint" in the subject line.
