

Join Us for Yoga at Stillpoint Wednesdays, 5:30-6:30 pm



**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 expand our awareness and abilities.

The class is led by Barbara Lebeau, a certified yoga instructor. 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.

Following class, you are welcome to join Stillpoint's regular Wednesday evening meditation, beginning at 7:00. A brief orientation for newcomers is offered beforehand.

In case of cancellation, notice will be sent via Stillpoint Zen Announcements. To receive these notices and related ones, subscribe at [Stillpoint Zen Announcements](#).