

WCYC
Westerly
Community
Yoga
Center

YOGA
for a
Cause

Sunday

January 3, 2010

11:30am– 1:00pm

Location:

WCYC

at the

*Tower Street School
Community Center*

93 Tower Street

Westerly, RI 02891

Call for info at

(401) 348-2715

To benefit the

W.A.R.M. Center

www.warmshelter.org

Teacher Heidi Waddell

Join us this month as we gather together to offer our practice for the benefit of others. All proceeds from this class will be donated to the **W.A.R.M. Shelter of Westerly**. This class is open to all levels and is offered at a drop-in fee of \$15. All are welcome.

Please bring your mat and an open heart!

Fondly,
WCYC

Westerly Community Yoga Center

On behalf of the WCEE

www.wcycwesterlycommunityyogacenter.blogspot.com

"We are here to awaken from the illusion of our separateness."

Thich Nhat Hanh

Westerly Area Rest/Meals Shelter, Inc. (W.A.R.M) offers each guest three basic expressions of hospitality; a warm meal, a warm bed and a warm welcome as well as related social services and advocacy. Over 20 years in serving the communities most vulnerable, WARM now services Washington County, RI and New London County, Ct. a total of over 20 communities.