



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# NAMASTE OUTSIDE!

YOGA AT GREEN SATURDAY  
Westside YMCA

## Green Saturday at Westside Y

Saturday July 13<sup>th</sup>

Join **Liz Lord** at our beautiful  
Westside YMCA

for two very special yoga classes

**Gentle Yoga**      9:30 am – 10:15 am

**Vinyasa Yoga**      10:30 am – 11:15 am

[ymcatulsa.org/westside](http://ymcatulsa.org/westside)

## OPEN TO ALL!

Westside YMCA is an outdoor experience for the whole family! After yoga, come take one last dip in our pool before the new renovation starts! It's an awesome time to be a part of the Y!

Saturday July 13<sup>th</sup>

WESTSIDE YMCA  
5400 S. Olympia  
(918) 446-1424

