

Come, Celebrate
Autumn's Beauty

FALL FOLIAGE YOGA

Saturday
November 3, 2018
10:00 - 11:30 yoga
led by Elizabeth Terry
followed by a light
lunch
Loaves and Fishes
Farm
1810 York Road
Dover, PA



**Give yourself a day to be refreshed, nourished, and shared with
a supportive, uplifting community.**

Bring your yoga mat, walking shoes and farm friendly clothes for yoga and checking out the goats and newest calves, petting donkeys, visiting the sheep, hugging chickens and enjoying the fall foliage at the farm. Yoga practice will be outside, if weather permits, inside if there is rain or cold. A free will offering will be accepted to support the work of Loaves and Fishes Farms.

To reserve a spot contact Elizabeth Terry by October 30 at
eterryyoga@gmail.com or call 717-645-0067.

For more info on the farm, visit:

Loaves and Fishes Farms on Facebook or contact:

Farmer jen Briggs jenbriggs@comcast.net 717-774-0794

Farmer Bonnie McCann bonniejenelmccann@gmail.com 717-319-7721

“When you become part of the Loaves and Fishes Farms’ family, you join us in our commitment to grow and eat healthy food that replenishes the soil and protects the air and water.”