



YOGA
FOR THE
SUMMER
SOLSTICE

Join us... Saturday, June 23, 2018 for the 5th Annual...

On the green, under the tree
Yoga for the Summer Solstice
at Loaves and Fishes Farms
1810 York Road in Dover, PA

Led by Elizabeth Terry, Yoga 4 Healthful Living
Yoga from 10:00 - 11:30 am. Light lunch and fun follow.

Bring your yoga mat, walking shoes and farm friendly clothes for playing with the goats, chickens, donkeys and more or just taking a walk and enjoying the day.

A free will offering will be accepted to support the work of Loaves and Fishes Farms.

To reserve a spot contact Elizabeth Terry by June 20 at yoga4healthfulliving@gmail.com or call 717-645-0067.

For more info on the farm, visit us at

<http://www.facebook.com/LoavesAndFishesFarm> or contact:

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

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

Directions to Loaves and Fishes Farms, 1810 York Road, Dover, PA 17315:

1. Take 83 South to the Yocumtown Exit.
2. At the light make a left and then an immediate right on to Taylor Road.
3. Follow Taylor Road for about 3.5 miles.
4. You cross over RT 382 (Lewisberry Road) which becomes York Road. The road is curvy.
5. You will pass the Susquehanna Speedway on your left, and the farmers' market. You pass a church and school on your right.
6. We are on the corner of Red Bank and York Road. It is a white house with green shutters. The kitchen is in the garage. (Doesn't everyone have a kitchen in the garage?)