



# NEW YEAR'S INTENTION SETTING YOGA CLASS & FUNDRAISER

"The word intent is derived from the Latin intendere or intentio, which means both "stretching" and "purpose". In essence then; if we are to live up to an intention we've set, we're stretching ourselves beyond the place we're currently at – possibly towards a different state of mind, a new action or a new way of feeling, or even a new life path."\*

Join us in a yoga practice designed to help you set your intentions. This class is also a fundraiser for Rebecca Carson, former YMCA yoga teacher, who broke her femur riding her bike and could use a hand up from her Bellingham people. Donations will be accepted through Venmo or at the door.

**Please bring a blanket, note pad and something to write with.**

All participants will be entered in a drawing for prizes including a one-hour massage at Revitalize, locally crafted necklaces, and handcrafted, small batch chocolate.

For more information please contact Tammy at [tbennett@whatcomymca.org](mailto:tbennett@whatcomymca.org)

Friday, January 19  
5:30–6:45pm  
Studio One  
30 person max  
RSVP online or by calling  
our Welcome Center

**FREE for Y members.  
\$12 day pass for  
non-members.**



**WHATCOM FAMILY YMCA**  
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360 733 8630 | [whatcomymca.org](http://whatcomymca.org)

\*[ekhartyoga.com](http://ekhartyoga.com)