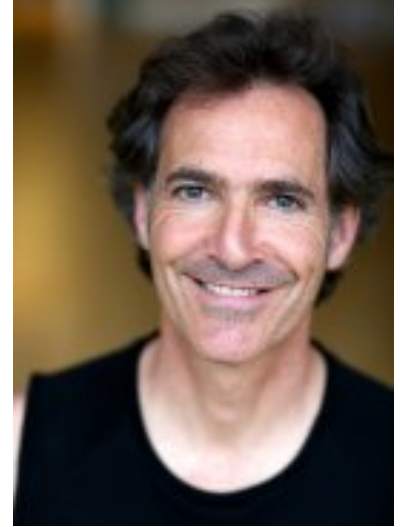


**In Gratitude, In Community:**  
**All levels Yoga class with favorite guest teacher**  
**FRANKLIN SHIRE, In-Person**  
**Saturday, November 25, 2023, 4:30pm-6:00pm**

Let's celebrate this Season of Gratitude by joining together in the contemplative practice we love, and sharing our gifts with those in need. Franklin returns to Sacred Spirit to guide us in a hearty, heart-warming practice for all levels; proceeds will benefit the December 24, "Party on the Streets" sponsored by Midnight Run, providing food, gifts and fellowship to those living on the streets of NYC.

On behalf of Midnight Run, we will accept your donations of \$25, \$50, \$100 for the purchase of food and gifts (thermals, gloves, hats, warm fleece) for a safe, socially distanced, gathering on the streets on December 24.



**Exchange: \$20 for in-person class pass**

**[REGISTER](#)**

**Class Pass + Donation to the Midnight Run party fund can also be made on the Sacred Spirit website.**

**Franklin Shire** is a certified Kripalu Yoga Teacher whose practice is based on breath and body awareness as self-awareness. Trained by senior Kripalu teachers Brahmani Liebman and Jashoda Edmunds, he is honored to share this great lineage with others. Franklin has taught in Westchester at yoga studios, schools and health clubs. He has enjoyed teaching yoga at Purchase College Dance Conservatory, and as a volunteer at Bedford Hills Correctional Facility and Public Schools in South Bronx, NYC.

**In Person Protocols**

Preregistration and a signed waiver is required for in-person. Masks are optional. Sanitizing wipes and hand sanitizer are available in the yoga space, hallway and bathrooms. You may bring your own mat and props. The studio is fully equipped with yoga equipment. Should you choose to use any studio equipment, you may bring a towel to drape between you and any fabric props (bolster, blankets). After the class please neatly restore all studio props to the prop storage cabinets.



**Sacred Spirit Yoga and Healing Arts Center**  
**At South Presbyterian Church**  
**343 Broadway, Dobbs Ferry, NY 10522**  
**[sacredspirityogacenter.org](http://sacredspirityogacenter.org)**