

# Kitten Yoga



Join us in The Heritage Humane Society's classroom on July 29 at 8:30 a.m. for an hour-long beginner-friendly gentle yoga practice with Cameron Green. It will be a donation-based yoga class to benefit the homeless pets at the shelter. This is a gentle yoga class accessible to yogis of all levels and beginner-friendly, modifications will be offered to meet the needs of all personal practices. Just show up with your yoga mat and be ready to breathe, move, have fun, and meet some adorable, adoptable kittens!



**SATURDAY, JULY 29 @ 8:30 AM**



**Heritage Humane  
Society Classroom**

430 Waller Mill Rd.  
Williamsburg, VA

**WITH  
CAMERON  
GREEN**

