

# St. Mary of the Assumption Roman Catholic Church

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## NEWS RELEASE

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### **St. Mary of the Assumption Parish Offers Meditation & Yoga Classes**

(Lancaster, N.Y.)..... St. Mary of the Assumption Parish, Lancaster, will offer its next "Meditation & Yoga as Christian Spiritual Practice" classes on **Tuesday, October 10** from 7 to 8 p.m. in the Parish Center at St. Mary's Elementary School, 2 St. Mary's Hill (Aurora and St. Joseph Streets).

Additional upcoming class dates are **Tuesdays: October 24, November 14 and 28, and December 12 and 26.**

Taught by certified yoga instructor Jane Schmitt of Lancaster, the classes incorporate prayer, meditation and music, complementing Christian spiritual practices.

The classes are free of charge; however, donations are accepted, with all proceeds going to the parish. Classes are multi-level, so they are geared towards everyone from beginners to more experienced yoga students.

For more information, please contact St. Mary's Communications Coordinator Diane Zwirecki, APR, at (716) 683-6445, extension 24 or [dianez@stmarysonthehill.org](mailto:dianez@stmarysonthehill.org).

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