

GLOW YOGA

with

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CLEVELANDYOGA

TOGETHER,
WE'RE BUILDING
A KINDER COUNTRY

Please join us for a FREE YOGA class to support kindness in communities across America. All donations support Kindland programming by the Values-in-Action Foundation 501c3



Monday, October 19th
7:30pm-8:30pm

Cleveland Yoga - 3355 Richmond Rd St 251A- Beachwood, OH

Heated, All-Levels Vinyasa Flow
Bring a yoga mat & water bottle

Registration Info



ClevelandYoga.com/schedule



This holiday season, kindness gets its own day. After Black Friday and Giving Tuesday, Kindness Wednesday invites people across the country to pause and complete one intentional act of kindness.

On December 2nd: do one act of kindness, share a kindness story, and invite someone else to take part. Not everyone can make a financial gift, but everyone can do something kind.

How to Take Part

- Individuals can call or text someone who needs encouragement, thank someone who made a difference, help a neighbor, or share a kindness story. A phone call, a thank-you note, a helping hand, or a word of encouragement can change the direction of someone's day.
- Schools can use a morning announcement, classroom prompt, kindness wall, or student challenge to encourage one act of kindness during the day.
- Organizations can send a message to employees or members, highlight people who model kindness, encourage teams to participate, or challenge another organization to join.

Free sharable resources and images available online at KindnessWednesday.org



USofKindness.org
@USofKindness #USK250

Kindland
JUST BE ♥ KIND