

THERAPEUTIC YOGA

with Tricia Sumell

FOR FDNY MEMBERS ACTIVE DUTY AND RETIRED

Ideal for those with limited mobility, anxiety, depression, respiratory problems or other health issues

Experience how yoga contributes to:

Better Breathing

Enhanced flexibility & mobility

Greater concentration

Improved mood regulation

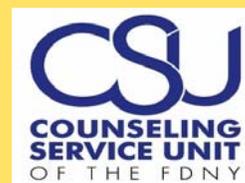
Increased energy

Decreased stress levels

Where: Brentwood FDNY-CSU
Suffolk Community College.
Crooked Hill Road, Brentwood
(631) 851-6888

When: Eight Weeks
Thursdays 6:30-7:45PM
Beginning February 4th

For Questions or to register Call Jessica Metz at
(212) 570-1693 ext. 380



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