

# THERAPEUTIC YOGA FALL SCHEDULE

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

Lafayette St. CSU : Thu 4:30-6:00

251 Lafayette Street 4th flr

Beginning Thu Sept 16th

Staten Island :

Mon 3:00-4:15

Shakti Yoga Center, 3 Victory Blvd(at Bay St.)

Beginning Monday Sept 13th

To Register or for information contact Jessica Metz (212)570 1693 x 380 or metzj@fdny.nyc.gov

