

# Therapeutic Yoga

with Nicki Spatacco

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: Ft. Totten CSU (718- 352 -2140)

Ft Totten Bldg. 413B

Bayside, NY 11364

When: Thursdays, 4:00-5:15PM

Eight Weeks beginning February 4th

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



