

# THERAPEUTIC YOGA

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

Lafayette St FDNY-CSU  
251 Lafayette St. 4th flr.  
New York, NY

Tuesdays  
4:00-5:15  
Beginning Feb 2nd  
W/Jessica Metz

Thursdays  
4:30-6:00  
Ongoing  
W/Anne Libby



