

THERAPEUTIC YOGA

with Jessica Metz

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:

Shakti Yoga Center

3 Victory Blvd

(across Bay St. and train tracks)

Staten Island, NY

When:

Mondays

Beginning Feb 1st

3:00-4:15PM

(no class 2/15)

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



