

Healthy Living

Therapeutic Yoga Spring Schedule

Designed specifically for FDNY members

Experience how yoga contributes to:

- Better Breathing
- Enhanced flexibility & mobility
- Greater Concentration
- Improved Mood Regulation
- Stress Management
- Increased Energy



Staten Island

Shakti Yoga Center

3 Victory Blvd (over bridge on
other side of Bay street)

Mondays 12:30-1:45

**No Class May 30th
Memorial Day**

Manhattan CSU

251 Lafayette Street 4th flr

Thursdays 4:30-6:00

**Special Intro to Meditation
class April 28th**

QUESTIONS? TO REGISTER CALL JESSICA METZ AT 212-570-1693 x 380 OR
EMAIL METZJ@FDNY.NYC.GOV

