

Therapeutic Yoga Winter 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 New time**
No class 12/20 & 12/27

Lafayette Street CSU
251 Lafayette Street 4th flr
Thursdays 4:30-6:00
No class 12/23 & 12/30

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

