

THERAPEUTIC YOGA

FOR STRESS, ANXIETY,
DEPRESSION, LOW ENERGY

With Danielle Felter R.Y. T.



Where: Middletown CSU
2279 Goshen Turnpike
Middletown, NY 10941

When: Four Fridays 10:00AM-11:15
June 5th, 12th, 19, & 26th

Call Jeannie McDonough to reserve a place in class:
(845) 695-1029

Questions? Call Jessica Metz:
(212) 570 1693 x 380

