

THERAPEUTIC YOGA & RELAXATION GROUP

with Jessica Metz

Come practice yoga and relaxation techniques especially designed for FDNY members who suffer with sleep difficulties, stress, anxiety, depression and low energy.

Learn about the body-mind connection: how it can help you work with difficult emotions, support a healthy lifestyle and contribute to a general feeling of well-being.

Where: Lafayette St FDNY-CSU
251 Lafayette St. 3rd Flr.
New York, NY 10012

When: Thursdays 11:00-12:30
Six Weeks: July 9th, 16th, 23rd (no class July 27th)
August 6th, 13th, 20th

No previous yoga experience required. Modifications will be offered to accommodate injuries and limited mobility.

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

