



WE'RE BACK!! JOIN US ON SUNDAYS FOR **CHAIR YOGA**

LEARN STRETCHING & STRESS RELIEF
EXERCISES THAT YOU WILL BE ABLE TO
DO ANYWHERE.

NO PREVIOUS YOGA EXPERIENCE
NECESSARY.

NO MATS OR EQUIPMENT REQUIRED.

Sundays 10am - 11am

September 12th & 19th

\$10.00 per person, per session

Please arrive early so that
we can start promptly

MARATHON JEWISH COMMUNITY CENTER
245-37 60TH AVE
DOUGLASTON

www.marathonjcc.org

office 718-428-1580
or Estelle 718-229-1008

