



YOGA - A PATH TOWARD WELLNESS

A SUPPORT CONNECTION WELLNESS PROGRAM
Free. Open to women with breast, ovarian and gynecological cancers.

Saturdays - Noon to 1:30 pm

Club Fit, Jefferson Valley, NY

You must register in advance with Support Connection!

Appropriate for beginners or more advanced students!

Taught by a Certified Yoga Instructor.

Emphasis is placed on movement with breath awareness as a way to achieve a more tranquil mind.

Experience the benefits of yoga, including a stronger, healthier body and a calmer, more focused mind.

Please obtain your doctor's approval before participating in any wellness program.



To Register Please Call
Support Connection
914-962-6402 or
800-532-4290