

Yoga for Good

Benefiting Feeding Westchester

Sunday, October 28, 2018

Check-in: 3:30 PM; Class: 4:00 PM – 5:00 PM

Gymnasium, New Building, Shames JCC on the Hudson

Welcoming all JCC members and non-members

Let's end hunger in our own backyard!

Join Shames JCC instructors Michelle Frank and Markela Khosrowshahi and other community members and treat yourself to a blissful gentle yoga flow while helping our neighbors in need.

Come alone or bring a friend.
All levels are welcome.

Let us know you are coming at:

<http://bit.ly/jccyoga4good>

Suggested donation is \$20 cash or check will be collected at the event.

"Feel good, be good, and do good"



914.366.7898
371 South Broadway
Tarrytown, NY 10591
www.shamesjcc.org



**Move! Learn!
Connect!**