

GENTLE YOGA FOR RELAXATION



Enjoy some quiet time with this calming and relaxing yoga workshop. Students will flow through a sequence of gentle and restorative yoga poses suitable for all practice levels.

Essential oils will help to relax and refresh the mind and body.

Facilitated by Danielle Koren, RYT-200.

BETHLEHEM TOWNSHIP
COMMUNITY CENTER

Bethlehem Township Community Center
2900 Farmersville Road
Bethlehem, Pa 18020
Phone: 610-332-1900
Fax: 610-332-1788
www.bethlehetownship.org/btcc

Friday, April 3rd
10:00am– 11:15am

Members: \$5/ Non Members: \$10
Please pre-register at the front desk of BTCC.