

# YOGA FOR STRESS RELIEF



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.

**Friday, May 3rd**  
**10:00am- 11:15am**

Members: \$5/ Non Members: \$10

*Please pre-register at the front desk of BTCC.*

BETHLEHEM TOWNSHIP  
COMMUNITY CENTER

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