

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.

**BETHLEHEM TOWNSHIP
COMMUNITY CENTER**

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

**Friday, March 1st
10:00am- 11:15am**

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

Please pre-register at the front desk of BTCC.