

# ***New Class Offering!***



## **Adaptive Yoga Classes**

*Are you or a loved one recovering from surgery?  
Moved into a time of your life that physical  
movements are very challenging?*

***Everyone can do yoga!  
Learn how to adapt a regular yoga class  
to fit your needs!***

*Join Prapatti Patti Ryan, PT  
and Certified Yoga Instructor  
**on the First Saturday of each Month.**  
You can then use what you learned when you take  
one of our regular beginner hatha classes.*

***Saturdays 11:00am - 12:30pm \$20 per class  
September 7, October 5, November 2, December 7  
and so on! Please RSVP: 201-796-7585***