

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*

*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

January 4, February 1, 2020

Please RSVP: 201-796-7585