

# YOGA



EVERY WEDNESDAY (UNLESS OTHERWISE POSTED) AT 9:00

A.M. AT THE CLUBHOUSE

THE COST IS \$10

SHANNON IS A CERTIFIED YOGA INSTRUCTOR AND HAS  
BEEN TEACHING YOGA FOR MANY YEARS.

BRING A MAT AND BE READY TO ENJOY AN HOUR OF  
STRETCHING AND QUIET MEDITATION.

ANY QUESTIONS, CONTACT MARIA SENIOR 516-647-2470.