



JOIN US AT
FARMSTEAD 1868

FOR A FREE CLASS

BROUGHT TO YOU BY BRIDGES AND TEAM AWARENESS NY

RESILIENCE TRAINING

&

YOGA

JUNE 21, 2024

12P-2P

LEARN TO MANAGE STRESS AT HOME AND AT WORK.
ENJOY A YOGA CLASS WITH MARLA VELKY-REGER
IN THE LAVENDER FIELD.
EVERY PARTICIPANT WILL RECEIVE
YOGA BLOCKS TO USE ANYTIME!

SPACE IS LIMITED AND REGISTRATION IS REQUIRED
EMAIL JHENGST@BRIDGESCOUNCIL.ORG
OR SCAN THE QR CODE

