FREE!

Yoga

Wednesdays

Get your Zen on...

Beginning September 6th, 2017

Wednesdays

Community Hour (1:40pm-2:40pm)

T-Building, 3rd Floor, Combative Room

Beginners welcome!

Wear comfortable clothing

Bring a mat or use ours

Sponsored by:

The Women's Center for Gender Justice & The Wellness Center

Instructors: Rachel Shanken, LMHC, RYT-200 &

Jessica Greenfield, LCSW, RYT-200

JOHN JAY COLLEGE OF CRIMINAL JUSTICE

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