FREE!

# Yoga

## Wednesdays

Get your Zen on...

**Beginning August 29th, 2018**

**Wednesdays**

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

**Haaren Hall, 3rd Floor, Combative Room**

**Beginners welcome!**

**Wear comfortable clothing**

**Bring a mat or use ours**

Sponsored by:

The Women's Center for Gender Justice

Instructor:

Jessica Greenfield, LCSW, RYT-200

JOHN JAY COLLEGE OF CRIMINAL JUSTICE

CUNY The City University of New York