

Join Us for “Lakeside Yoga”

The benefit of yoga is that it creates a wonderful sense of well being physically, emotionally, spiritually!
Having a regular yoga practice can transform your life with a new attitude, and the possibilities are endless.



Hatha Yoga Instructor:

Donna Burkat

300 hr. RYT yoga instructor

August 29, 2015

10 to 11 AM

Oskar Shindler Performance Arts Center
4 Boland Drive, West Orange (Lakeside Area)

All you need is a mat, comfy clothing,
and a willingness to try something new.

Space is limited!

Please register by email
drjosievez@aol.com to
ensure your participation

