

EASY, GENTLE YOGA FOR ADULTS CONDUCTED BY DANETTE MAZZARELLO



This yoga class uses poses to extend and expand joints and muscles. Relaxation and meditation is the goal. Participants must bring a mat, wear comfortable clothing, and bring a bottle of water.

Space is limited and on a first-come; first-served basis.

ADMISSION IS FREE.

Participants should consult with their physicians before undertaking any exercise, nutrition, or health-improvement program.

Mondays

January 7 - June 24

(except 1/21; 2/18; 5/27)

6:30 pm

WINDSOR PARK

79-50 Bell Boulevard, Bayside

718.468.8300

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