

Relax, Unwind and Recharge Yoga in the Park!

**FREE
EVENTS**
Yoga in
Bay Ridge



YOGA CAN IMPROVE your mental, physical and spiritual health.

FREE YOGA IN SHORE ROAD PARK

SHORE ROAD PARK AT SHORE ROAD AND 79TH STREET

- Tuesday, June 21 at 7:00 p.m.
- Thursday, July 7 at 7:00 p.m.*
- Saturday, July 16 at 9:00 a.m.
- Monday, July 25 at 7:00 p.m.
- Tuesday, August 2 at 7:00 p.m.*
- Friday, August 12 at 10:00 a.m.
- Saturday, August 13 at 9:00 a.m.
- Monday, August 22 at 7:00 a.m.
- Saturday, September 10 at 9:00 a.m.*
- Monday, September 12 at 6:30 p.m.

Please bring a yoga mat or towel and arrive 15 minutes early to prepare.



**JOIN
NICOLE**
for YOGA in
the PARK!

*Sponsored by Assemblywoman Nicole Malliotakis and
5 Boro Power Yoga (Other sessions sponsored by Senator Marty Golden)

**For more information on this event or any state issue, please contact Assemblywoman Nicole Malliotakis
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