



167-11 73<sup>rd</sup> Avenue, Flushing, NY 11366 718-591-5353 [www.iccj2004.org](http://www.iccj2004.org)

**ICCJ Young Families  
presents**

## **YOGA SCHMOGA**

**a Fun, Relaxing Yoga Experience  
for Everyone in Your Family!**

Saturday, January 27, 2018, 7:00 pm

Cost: \$5 per family

**Presented by a  
Professional Yoga Teacher**



**Moms & Dads: Bring your children to this Gentle Family Yoga Class**

~ No Experience Needed - Everyone Can Learn ~

Beginners Welcome!

Class will include stretching, animal postures, partner poses and more!  
Learn Lizard, Lion and Bumblebee Breaths. Balance in Tree, Eagle and Stork  
Open your body, quiet your mind and deeply relax while having fun!

*Healthy Snacks will be provided after Yoga Class*

RSVP by 1/22/17 to Francine [Fwsilver@hotmail.com](mailto:Fwsilver@hotmail.com) or (718)343-1565

*Please bring a long towel or, if you have one, a yoga mat!*

Come on time, we'll begin with Havdallah