

Namaste

join Angela D. Taylor for

Calming Yoga

for the

Holiday Season

at

The New Dawn Foundation
590 Davenport Avenue, New Rochelle

Bring your own mat and any props you may use for your practice.
Masks are optional for those who are fully vaccinated,
and mandatory for those who are not vaccinated.

Morning

Sat. 11/20 @ 8am Sat. 12/4 @ 10am
Sun. 11/21 @ 10am Sat. 12/11 @ 10am
Sat. 12/18 @ 10am

Afternoon

Sun. 12/12 @ 3pm
Sun. 12/19 @ 3pm

Classes offered in Nov-Dec 2021 - \$16 per class:

Space is limited. Advance Registration required.

To register text Angela @ 914-484-2527 or email @ 200RYTaylor@gmail.com