



# Namaste

join Angela D. Taylor for

# Yoga & Meditation

## in July & August

The City Island Community Center, 190 Fordham Street

*Sundays*

4:00 pm - 5:00 pm

*Thursdays*

7:00 pm - 8:00 pm

Bring your own mat and any props you may use for your practice.

Space is limited to 10 participants. Advance Registration required.

To register text Angela @ 914-484-2527  
or email @ [angeladerecastaylor@gmail.com](mailto:angeladerecastaylor@gmail.com)

\$16 per class payments accepted via Zelle or Venmo:

**Zelle** 9144842527 or **Venmo** Angela-Taylor-501