

Classes include yoga poses, breathing, focus and fun.

Parents/guardians can practice with their children.



Family Yoga

with Nafisa Degani

**The Community Church of New York
40 East 35th Street**

Sundays, Beginning March 17

10:15 – 10:45 AM

Meet in the Chapel (downstairs)



We invite you to Family Yoga sessions at Community Church on Sundays, beginning March 17.

Come join us with your spouse, children and family members to strengthen familial bonds while participating in group yoga. Yoga practices integrate mind, breath and body. You and your family can benefit immensely from yoga that enables you to think more clearly, breathe more effortlessly and move more efficiently. Come enjoy a session with us!!"

Nafisa Degani is a certified yoga teacher and has been teaching at Community Church of New York since 2013.