

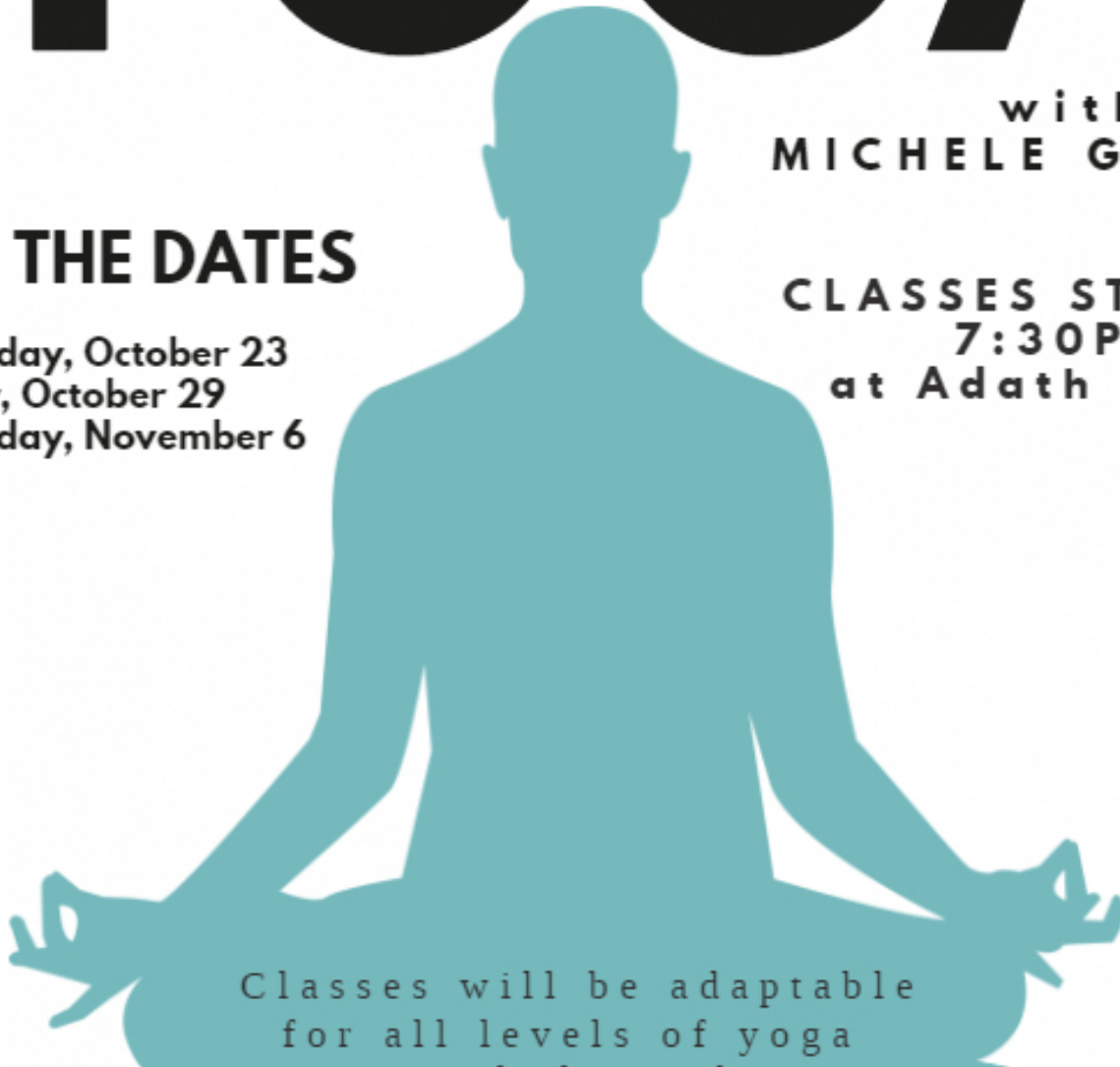
YOGA

with
MICHELE GRIMLEY

SAVE THE DATES

Wednesday, October 23
Tuesday, October 29
Wednesday, November 6

CLASSES START AT
7:30PM
at Adath Israel



Classes will be adaptable
for all levels of yoga
practice including chair yoga

BYO WATER & MAT PLEASE ARRIVE 10 MINUTES
EARLY TO FIND A SPOT ON THE FLOOR

Join us for 1, 2, or all 3 sessions
RSVP or questions, contact:
womensleague@adathisraelnj.org

\$12 per session or \$30 for all 3



WOMEN'S LEAGUE
FOR CONSERVATIVE JUDAISM