



CONNECT PHYSICAL THERAPY IS PLEASED TO ANNOUNCE OUR

GENTLE YOGA CLASS

WITH GUIDED MEDITATION AND RELAXATION

**EVERY THURSDAY, 7PM-8:15P WITH
AISLING LINEHAN, PT AND MARZENA BARD, PTA**

1675 WHITEHORSE-MERCERVILLE RD, STE 101
HAMILTON, NJ 08619



THE CLASS INCLUDES EASY RESTORATIVE POSES, MINDFUL BREATHING, AND DEEP RELAXATION WITH THE SOUND OF TIBETAN BOWLS. IT PROMOTES:

- STRESS AND PAIN REDUCTION
- RESTFUL SLEEPING
- ENERGY BALANCE

\$10 PER CLASS. CALL 609-584-4770 TO REGISTER.

