



YOGA

Every Monday

Regular Yoga – 11:30 AM

Chair Yoga – 12:30 PM

♥ *Release Stress* ♥ *Relax* ♥
♥ *Energize Your Body* ♥ *Stretch* ♥
♥ *Have Fun* ♥ *Find Inner Stillness* ♥

No Experience Necessary....Everyone Welcome....Ongoing Classes

For Information and Registration

Call: Sandy Silver 561-432-7727

Faith . . . Family . . . Friends
Temple Sinai
of Palm Beach County