

Simply Yoga



Spring 2018 Well-Being Program

Join us for this one-time yoga class for all levels that fosters health and wellness in your body, mind, and spirit. Through movement and meditation, you will stretch and strengthen your body, ease your mind, and find a sense of peace in your heart.

This program is open to all MVP members, FREE of charge!

Maximum of 25 participants.

In partnership with:

Linda Freeman—Bliss Body Yoga



**Wednesday
June 13
5:30–6:30 pm**

**MVP Walk-In Enrollment Center
Newburgh Mall
1401 Route 300
Newburgh, NY 12550**

