



Please join us: Yoga & Meditation Class

Increase Flexibility, Gain Strength & Reset Your Soul

Every 3rd Friday of the month @ 11 am, starting 12/21/2018

New City Library, 220 N. Main Street, New York, NY 10956

About Pooneh (#YOGABYPOONEH):

Pooneh is an experienced Certified Yoga Alliance Instructor, with advanced training in yoga specializing in B.K.S. Iyengar principles. Pooneh offers students a variety of classes including: Vinyasa Flow, Power Yoga, Restorative & Mindfulness classes. Having worked with many people at differing levels of yoga training, Pooneh is able to customize each lesson to fit the diverse needs of her students. Yoga has brought Pooneh tremendous joy and healing, physically & emotionally and she wants to share that experience with her students. Pooneh truly enjoys inspiring others to improve their wellness and commitment to long-term spiritual, health, nutrition and fitness goals. Our mission at Yoga By Pooneh is to give back to the communities in which we are a part of around the world, and in pursuit of that mission we organize free yoga lessons for Veterans, Active Duty Members and their families.

For further information and to register for class, please contact:

Rockland County PFC Joseph P. Dwyer Veteran Peer Support Group

sbailey@bridgesrc.org or yogbapooneh@yahoo.com

Tel: 917 232-6196



Yogabypooneh