

First Responders - and Military Yoga  
at Beacon Yoga Center from 6:30pm-7:30pm  
on the 2nd Monday of the month  
all - past, present & future encouraged



This is an introductory class focusing on alignment-based movement, breath-work and mindfulness.

NO experience necessary.

NO equipment required.

FREE class for all

**SIGN UP ONLINE AT THE MINDBODY APP OR AT  
CLASS 2ND MONDAY (14JAN, 11FEB, 11MAR)**

**BEACON YOGA CENTER**  
an open space

**led by Army combat  
Veteran, volunteer Fort  
Montgomery fire fighter  
and yoga instructor,  
Jessica Bugbee Porro**

464 MAIN STREET IN BEACON, NY  
(347) 489-8406  
beaconyogacenter@gmail.com