

# Monthly Yoga Workshops

1<sup>st</sup> Saturday of the month  
1:00 - 2:15 pm  
RSVP: 914-739-7799, \$15 fee

## mindbodyspiritseries

Calm your mind and soothe your body with restorative yoga and guided relaxation.

Therapeutic Yoga with Laurice Nemetz: An hour of restorative, yoga followed by 20 minutes of deep guided relaxation and meditation.

### theBack&Neckcenter

2127 Crompond Road, Suite 101  
Cortlandt Manor, NY 10567  
www.backneckcenter.net  
914-739-7799

#### Holistic Health Team:

Dr. John Scivoletto: Chiropractor

Loretta Reilly: Corrective Exercise Specialist

Laurice Nemetz: Therapeutic Yoga Practitioner



1st Wednesday of the month

6:30 p.m.

Emanuel Evangelical Lutheran Church

197 Manville Road, Pleasantville

(914) 769-1559 (church office for info)

Gentle hatha yoga practice

Beginners welcome!

\$15 suggested fee