



FRIENDS OF LYNBROOK KICKLINE PROUDLY PRESENT



RESTORATIVE YOGA CLASS FUNDRAISER

PLEASE
CONSIDER
SUPPORTING
OUR GIRLS

EVENT
IS OPEN
TO ALL

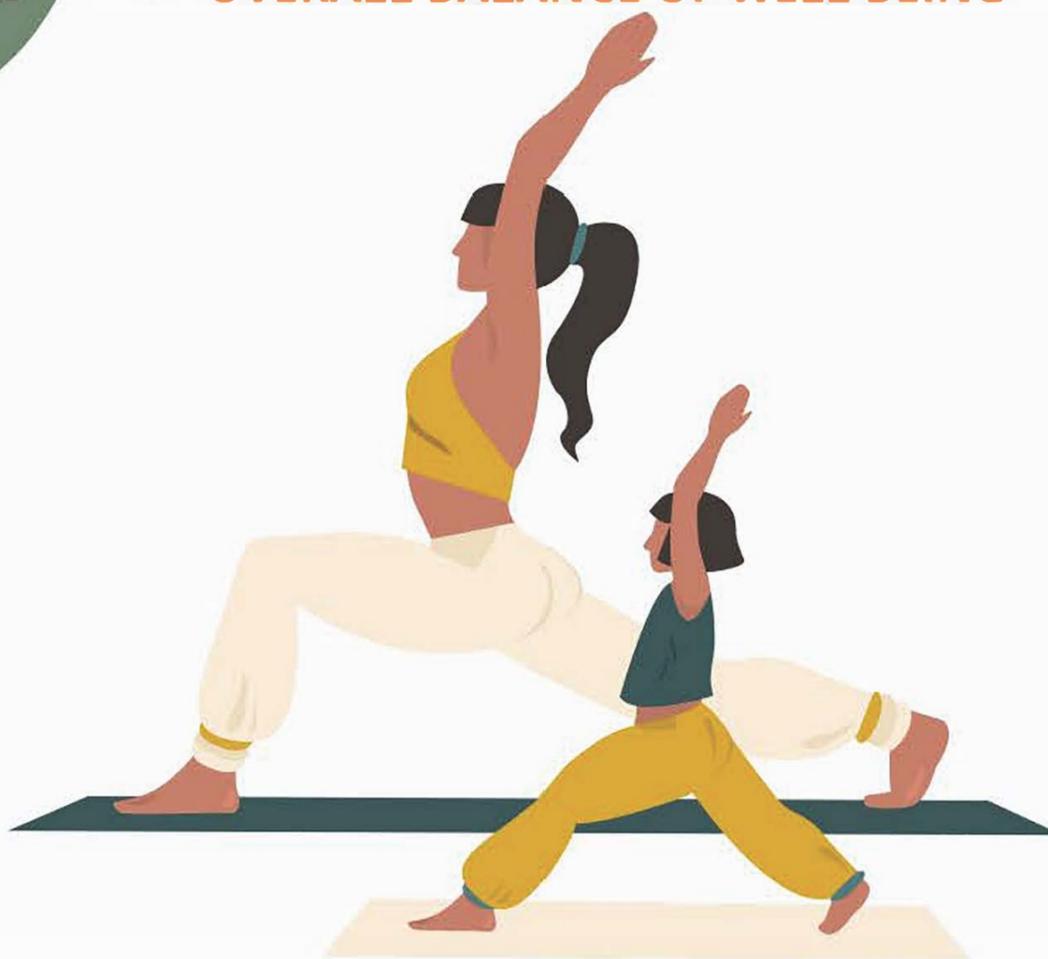
**\$15
PER
PERSON**

RESTORATIVE YOGA BENEFITS

- RELAXATION OF MIND & BODY
- REDUCED STRESS & ANXIETY
- STRETCHES & RESTORES BODY
- IMPROVED SLEEP
- OVERALL BALANCE OF WELL BEING

100%
OF THE
PROCEEDS
WILL GO TO
KICKLINE

GENTLE &
LOW IMPACT!
ALL LEVELS
WELCOME!



BRING YOGA
MAT
OR RENT
ONE FOR
\$3

**WEDNESDAY, JANUARY 17
7:30PM ARRIVE 15 MINS EARLY
VENMO @LHASKICKLINE**

ALL
PARTICIPANTS
MUST SIGN
A WAIVER!

NON-HEATED
CLASS!
WEAR
COMFORTABLE
CLOTHES



YOGA HUT
274 Merrick Road, 2nd Floor, Rockville Centre
(516) 432-1177

Approved for distribution & posting
12/19/23 tkm Supt. Office

***THIS IS NOT A SCHOOL SPONSORED EVENT**