



Nurtured Healing Yoga



"Nurtured Healing Yoga" will take place on **Saturday, May 11th from 10am-12pm at Van Saun Park at Picnic Area D.**

This is a special event celebrating motherhood during the month of May. In addition to the Yoga session, the morning will also offer a discussion about techniques mothers can use to manage the stress of their busy lives. A "Mockmosa" Brunch will be provided to all registered moms. Please bring your own yoga mat. Let us know if you do not have one.

Babysitting will not be provided. Sign up soon, as spots are limited!

Join Us On

May 11th, 10:00AM-12:00PM
Van Saun Park - Picnic Area D
216 Forest Ave
Paramus, NJ 07652

Scan Below to Register!

