

Be yourself

Be strong

Be loved

Be kind

Be positive

Believe

Just Be

YOGA CLASS

At Livingston Physical Therapy

Taught by Laurie Sciscente Physical Therapist and Certified yoga teacher

Mixed level class, perfect class for beginners or those
recovering from an injury

TUESDAYS

5:15 – 6:15 PM

(Starts January 17th)

FRIDAYS

8:30- 9:30 AM

\$10 PER CLASS

*special discount for current
Livingston PT patients

WALK-INS WELCOME!!

*Please bring a yoga mat

*Wear comfortable clothing

*Arrive 5-10 minutes early

VINYASA FLOW CLASS: we will flow through sequences of movement that are linked to breath, this class will build heat while working on strength, flexibility, endurance and a sense of stillness to the mind. I will offer options so that you can perform at your own level of comfort, as well as giving

Questions/Concerns: contact Laurie at (516) 449-7764 Lauriesyoga@gmail.com

“Like” Honey yoga on facebook for up to date schedule and snow cancelations