

Dharma Yoga



new york center

DHARMA GENTLE YOGA with MARVIN ROSENBERG

TUESDAYS 5:30 - 6:30 pm

THURSDAYS 5:30 - 6:30 pm

*SATURDAYS 10:45-11:45 am **Starts Feb 20th*

*Marvin has been teaching the DY Gentle Yoga Classes
at the center for 18 years. All welcome, come and try it!*

DHARMA GENTLE YOGA

*SUNDAYS 10:45 - 11:45 am

**New Class starts Feb 21st taught by Joann Steckler*

1st Class FREE with purchase of the Sampler Pass 6 for \$40

Breathing ~ Postures ~ Deep Relaxation

For All Ages and All Levels ~ Leave Feeling Refreshed

297 Third Ave at 23rd St NYC | Phone 212.889.8160 | Since 1974

Register online at www.dharmayogacenter.com