

Shema Yoga with Eleni Litt
Sponsored by TJC Well Being: Mind Body Spirit

Fridays, 9:30 am – 10:45 am
June 15th – July 20th, 2018

*Listening and learning from our own bodies and breath, we **honor the day** with a **gentle yoga practice** that integrates mind and body. **If you can breathe you can practice yoga with Eleni!** All body types and sizes welcome; dress comfortably! Bring a mat if you have one. Contact Eleni by email with any questions: ezlitt@gmail.com*



Eleni Litt, PhD, is a member of The Jewish Center, a visual artist, a yoga teacher (RYT200 hr training with Jeff Migdow, MD, registered with Yoga Alliance and training in Prime of Life Yoga with Larry Payne), Mussarnick, & longtime Havurah teacher. She works as Associate Provost at The New School & lives in West Windsor, NJ with husband Neil Litt.