



JEWISH FAMILY SERVICE OF CENTRAL NJ PRESENTS
STRENGTHENING BONDS THROUGH
YOGA

A NEW PROGRAM FOR GIRLS AND THEIR MOTHERS/FEMALE CAREGIVERS

**WEDNESDAYS, FEBRUARY 27- APRIL 17
6:30-8:00PM, REGISTRATION REQUIRED**

An 8-week yoga series, once a week, free of charge to the community. Sessions focus on inner-strength, peace & relaxation. This program is for any girl 11+ and their mother/female caregiver. Although not a therapy group, it would benefit those looking to deepen their relationships with each other. No yoga experience required.

**JFS HALPERN BUILDING
655 WESTFIELD AVENUE**

For more information, or to register,
please contact
Alyssa Reiner at

908-352-8375 or AReiner@JFSCentralNJ.org



Alyssa Reiner, LSW & JFS yoga instructor, specializes in a strengths-based, restorative yoga approach that includes mindfulness, restorative postures, and a therapeutic holistic approach to mental and physical wellness.



This program is generously funded through a grant from the Jewish Women's Foundation of New Jersey.

