



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](mailto: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.



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