



Join us for **FREE** in-person yoga!

Every Tuesday 9am - 10am

at Essex Market

**88 Essex Street, 2nd Floor
New York, NY 10002**

Join us in person for gentle stretching and body movements to boost blood flow and make you more flexible. Yoga can be done on a mat or seated in a chair.

For all levels. Bring your own yoga mat or towel.

This class is offered in partnership with:

ESSEX 
MARKET



Sign up on MindBody  or email wellness@chnnyc.org