



FAMILY MINDFULNESS WITH PEACE IN PIERMONT YOGA @ THE PALISADES CENTER

Roll out your mats for a great cause!

Family YOGA (easy vinyasa + partner poses) MEDITATION & FUN activities to connect with one another

Raffles...Giveaways & More!

Monday, February 21, 2022

Palisades Center

Macy's Court on Level One
Parking Lot C or E Entrances

Register now for any of the three sessions below:

2:00pm-2:45pm

3:00pm-3:45pm

4:00pm-4:45pm

\$35 for up to 4 guests
\$45 for up to 5-6 guests

All proceeds benefit the
Rockland Community Foundation!



Register Now

For more Information call
845-947-2868

www.rocklandgives.org
info@rocklandgives.org

Sponsored by



@sleepypaints



85 MARION ST. - NYACK, NY 10960



MICHAEL CHANG
Rand Commercial

NY/NJ Lisc. Real Estate Salesperson

