

# Sisterhood Event

## Tuesday, November 5



**5:30 pm -**

### **Aerial Yoga for all abilities at Good Karma Studio**

- 12 Walker Way, Albany, NY 12205
- Must register online at [BethEmethAlbany.org](http://BethEmethAlbany.org) - \$20 pp.
- Maximum number 16
- Must sign waiver ahead of time  
contact Studio at 518-512-9929  
go online - [www.thegoodkarmastudio.com](http://www.thegoodkarmastudio.com)  
come early enough to fill it out night of



**6:45 pm -**

### **Koto for dinner**

- Separate checks are available so come for dinner, a drink, soup
- Not necessary to attend yoga first
- RSVP is necessary for reservation # - please RSVP to [CBESisterEvents@gmail.com](mailto:CBESisterEvents@gmail.com).



**Connect Belong Engage**

100 Academy Road · Albany, NY · 12203

518.436.9761

[www.BethEmethAlbany.org](http://www.BethEmethAlbany.org)