

Women's Philanthropy Presents:

VIRTUAL YOGA FOR THE JEWISH SOUL



**SUNDAY,
JANUARY 10, 2021**

10:00 AM – 11:30 AM

\$10 per person

Registration required
jewishfedny.org/wpyoga21



Join Women's Philanthropy and Shelly Dembe for an hour-long virtual yoga class followed by time for reflection.

After years of research, Shelly created a yoga practice that incorporates Jewish tradition.

Her practice illuminates the student with Jewish thought and values, health, breath, and joy.

Shelly is the author of *Wrestling with Yoga*, *Journey of a Jewish Soul*. Her book helps others navigate the controversial elements of yoga while maintaining a physical practice that is safe for the Jewish soul.

Join Women's Philanthropy for a unique experience that is sure to leave you feeling relaxed, soft, spacious, and calm.

Options for all levels will be offered. Please wear comfortable clothes.



Jewish Federation
OF NORTHEASTERN NEW YORK

For more information, contact
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