

The Hungerford School PTA

Present:



YOGA FUNDRAISER

Yoga class taught by Melissa Chen, M.A., RYT200

Followed by an Intro to Essential Oils with Eileen Reiman: Explore and experience natural solutions for healthy empowered living

*One lucky participant will win a **Healthy Living Basket** (valued up to \$100).
Bring a friend and receive an extra ticket for the Healthy Living Basket drawing.*



Friday March 1, 2019 . 6:00pm – 8:00pm

155 Tompkins Avenue, Staten Island, NY



De-stress through breathing exercises, yoga & meditation.

Designed for ALL levels of abilities.

Items to bring to class: Yoga mat, water, and wear comfortable clothing

Advanced Ticket: **\$25** (Purchase tickets on Eventbrite: search “Hungerford Yoga”)

At door: **\$30** Cash only

All Sales are FINAL. No Refund. Thank you for your generous support.

Questions?...Contact: meditationNmovements@gmail.com

100% proceeds go to The Hungerford School PTA to support programs/ services for the students & staff

The Richard H. Hungerford School is part of District 75, a network of schools dedicated to New York City's students with disabilities who require increased attention. District 75 provides educational, vocational, and behavioral support programs for students who are on the autism spectrum, have significant cognitive delays, are significantly emotionally challenged, have a sensory impairment or have multiple disabilities.