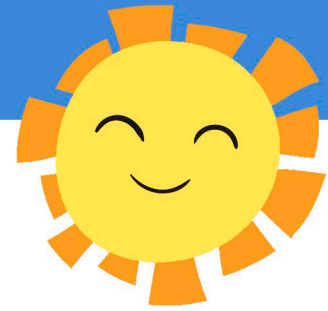




Holistic Wellness Series Summer 2017



Family Yoga

Wednesdays, 6:00-7:00pm

6/28, 7/12, 7/26, 8/9

Kids Come Free!

\$15 adult per session

Kim Kaplan, MS, R-DMT

This class is for caregivers and children to join together in yoga sequences that encourage playfulness, strength, coordination and relaxation. We will learn simple breathing exercises, utilize mindfulness techniques, and yoga poses to help build a foundation toward wellness. Come ready to move!

Community Drum Circle

Thursdays, 7:15-8:00pm

6/15, 7/20, 8/17

All Ages/Abilities Welcome

\$5 person per session

Amanda Zorzi, MT-BC

Come celebrate your community by joining together in a rhythmic expression of emotion and inner spirit! Participants will gather in a large circle and improvise freely on a percussion instrument. Choose from a selection of instruments or bring your own!

Journaling Through Art for Stress Management

Mondays, 6:00-6:45pm

6/5, 7/3, 7/31, 8/28

Adults

\$15 adult per session

Alexandra Back, MA

Develop a healthy art journaling practice with other adults to incorporate into your daily, weekly, or monthly self-care routine! Aimed at reducing stress and becoming more "present" in everyday life. Supplies provided but additional media welcome! Coffee and Tea provided...

No Experience Necessary!

Location

CNNH - Voorhees
2050 Voorhees Town Center
Voorhees, NJ 08043

Registration

Alexandra Back - Wellness Director
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855.852.8150 x1406

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Voorhees, NJ
Rutherford, NJ
Wall Township, NJ
King of Prussia, PA



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