

YOGA FOR WELNESS



*Helping Community Reach the goal of
health and wellbeing!*

BCAP and JFCS Bring Yoga for Wellbeing in Your Neighborhood!

- Two-three hour session every weekend
- Neighborhood Based and Convenient
- Eliminate Physical Ailments and Loneliness
- Great fit for Elders and Seniors
- Interactive and Fun filled with music, dance and meditation!

Every Sunday 9-11 AM at Gorkhali Store
2116 Brownsville Road, Pittsburgh, PA 15210



**BHUTANESE COMMUNITY ASSOCIATION OF
PITTSBURGH**

4150 Saw Mill Run Blvd, Pittsburgh, PA 15227

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