



Health Connections Wellness

6 Week Series
Therapeutic Tuesdays
Yoga & Meditation

6 Week Series Therapeutic Yoga & Meditation

Damaris Maria G. RN AHN CYN RYT

6 Weeks Tuesday March & April

24th, 31st, 6th, 14th, 21st, 28th

Location: Backstage Performing Arts Center

194 Park Ave Rutherford, NJ 07070

Time: 7:45pm-9pm

Price: 6 Weeks Series \$130 Walk In: \$25

Included w/ Series Price

-Eye towel, Belt & Therapy packet

Tickets Events@www.damarismaria.com

