In Celebration of Bronx Week 2016!

Bronx Yoga Day!

Free or Discounted Yoga Classes May 14, 2016 at a Yoga Studio Near You!

The Bronx has yoga for *YOU*. As a part of Bronx Week 2016, take advantage of free or discounted classes and explore several different kinds of yoga!

Try free hot yoga (105°) at
Bikram Yoga Bronx, 5500 Broadway
Bronx, NY 10463, 718-562-3656
www.bikramyogabronx.com

OR HOW ABOUT A FREE BASIC YOGA CLASS AT

BODY&BRAIN YOGA · TAICHI

BRONX CENTER **1805 WILLIAMSBRIDGE RD., 2ND FLOOR BRONX, NY 10461** (718) 892-1100
WWW.BODYNBRAIN.COM/BRONX

There's free Kundalini Yoga *breath/exercise/mantra/meditation* at
3626 De Reimer Avenue, Bronx, NY 10466, 646-571-9500
www.inlightyogaandhealth.com

You can also try free
Hatha, Vinyasa or Gentle Yoga at
876 Gerard Avenue, 2nd Floor
Bronx New York 10452
718.992.2484
info@sweetwaterdanceandyog.com

Sweet Water
dance & yoga

The Bronx has YOGA!