

# A moment for me with JFS of Greenwich



Take a pause from your busy weekday schedule and take a moment for yourself.

Let your mind relax, loosen your body, & enjoy a guided meditation and yoga session with Susan Layden, a certified yoga instructor from Kaia Yoga Studio.

## Wednesday July 26th at 12:30

RSVP by July 25th to [jberger@jfsgreenwich.org](mailto:jberger@jfsgreenwich.org)  
location will be provided after registration

