



BIRCHWOOD CENTER
yoga & massage

www.birchwoodcenter.com

move. be moved.

YOGA • MASSAGE • BOUTIQUE • TEACHER TRAINING

thanksgiving day yoga

two classes taught by Charlene Bradin and Betsy Ceva

What better way to give thanks and share with our community than through moving body, mind and spirit? Please join us for yoga at Birchwood Center on Thanksgiving morning. All proceeds will be donated to Rockland County's *Center for Safety and Change*.

The *Center for Safety & Change* develops strategies to end gender-based violence and provides shelter and supportive services that empower survivors of domestic violence, sexual abuse, and other crimes. In addition, the Center works to change systems that tolerate and perpetuate the oppression of women and violence against others.



- Domestic Violence and Sexual Assault Services
- Strategies to End Gender-Based Violence
- Crime Victims Services

help support the center for safety & change!

Join us on Thanksgiving! Thursday November 22, 8:30–10am

- Level I/II Hatha Yoga with Betsy Ceva
- Gentle Yoga Plus with Charlene Bradin

Minimum Donation: \$25 ~ more is welcome if you are so moved

Please register in advance. Payment is “cash or check only”, no credit cards or class cards. Please make your checks out to *Center for Safety & Change*.

To register or for information call (845) 358-6409 or email info@birchwoodcenter.com. You cannot register for these classes online.