

BROOKLYN**East Williamsburg**

Tue, Oct 3, 7:30-9 pm
C.P.R.

361 Manhattan Ave.
(At Jackson St.)

📍 Graham Ave.,
📍 Metropolitan Ave.

BRONX**Riverdale**

Thu, Oct 5, 7:30-9 pm
RYSEC

4450 Fieldston Rd.
📍 242nd St.

MANHATTAN**Lower East Side**

Fri, Sep 29, 7:30-9 pm
PS 20 Anna Silver
166 Essex St. (at Houston St.)

📍 Delancey St.,
📍 M Z Essex St.

Midtown (lunchtime)

Wed, Oct 4, 12:15-1:15 pm
Turtle Bay Music School

244 E. 52nd St.
(btwn 2nd & 3rd Aves)

📍 M Lexington-53rd St.,
📍 51st St.

Upper West Side

Mon, Oct 2, 7:30-9 pm
P.S. 199 Jesse Isador Strauss
270 W. 70th St.
(btwn Amsterdam & West End)
📍 1 2 3 72nd St.

QUEENS**Jamaica Hills**

Sat, Sep 30, 3-4:30 pm
Sun, Oct 1, 3-5 pm
(Spanish)
Sun, Oct 1, 6-7:30 pm
(Bengali)

All Queens classes at:
The Oneness-Heart Centre
160-23 84th Dr. (at 161st St.)
📍 Parsons Blvd.

STATEN ISLAND**Tompkinsville**

Sat, Sep 30, 3-4:30 pm
Shakti Yoga Center
3 Victory Blvd.
Near S.I. Ferry &
SIR-Tompkinsville

NEW JERSEY**Montclair**

Sat, Sep 30, 11 am-12:30 pm
Flowers Healing Arts & CKG
460 Bloomfield Ave.
(At Fullerton Ave.)