Graphical user interface

Description automatically generated with medium confidence

**De-Stress with Yoga**

Mat based mind/body workout

**(Day of the Week) @ (Time of Class)**

(Start Date) - (End Date)

location

**Register at** [**on.nyc.gov/worksitefitness**](https://on.nyc.gov/worksitefitness)

**to reserve your spot!**

[Insert Agency Logo Here]

Please email **(insert contact info here)** if you have any questions.