

**TEMPLE ISRAEL REFORM CONGREGATION  
OF STATEN ISLAND**

**FROM THE DR. RONALD AVIS FOUNDATION FOR TEMPLE ISRAEL**

**Mat & Chair Yoga  
for all ages and fitness levels!**



**ALL SESSIONS VIA ZOOM AND  
FREE DURING THE PANDEMIC!  
*You can even bring a friend!***

**Sundays @ 6:00 PM**

***Mondays @ 6:15 PM***

**Thursdays @ 6:30 PM**

Note: Subject to time changes and cancellations due to Temple events and instructors' schedules.

Contact Bryn Biren at [msbunny7@aol.com](mailto:msbunny7@aol.com) to get Zoom links and ensure you are notified of changes to the schedule.

*THE AVIS FOUNDATION – SUPPORTING THE TEMPLE ISRAEL COMMUNITY*