



LET
TEN
TREASURES
ADDRESS THE STRESS

Saturdays, April 6 & 13, May 4 & 11
2:00-3:00 PM

Hebrew Tabernacle

Taught by Sensei Miriam Frank

Join us for an introduction to *The Ten Treasures*, a series of gentle movements associated with Chinese traditions of health maintenance. Exercises are slow, soft and specific and can be practiced at home, outdoors, alone or in groups. Benefits accumulate with regular practice. *The Ten Treasures* can improve balance, flexibility and coordination, relax tense muscles, and support healthy posture.

- Please wear loose clothing and comfortable flat-heeled shoes.
- Sneakers are OK.
- Classes will meet once every two weeks for one hour.
- We will move outdoors when the weather allows!



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CONGREGATION

AN INCLUSIVE REFORM COMMUNITY

551 Fort Washington Avenue at 185th Street, New York, NY 10033