



# yoga with SAVE of Essex



27  
APRIL



**YANTICAW PARK, NUTLEY, NJ**

**11AM-12:30PM**

Join us and instructor Jessica Elgamil during Sexual Assault Awareness Month for our free trauma-informed vinyasa flow yoga class! Engage your body through breathing, meditation, and a sound bath at Yanticaw Park!

Open to all levels, individuals, and groups! Scan the QR code for more information.

*\*Please bring your own yoga mat and water bottle*

