

## *Arden BWVC announces Yoga and Meditation Class*

***Close Your Eyes & Open Your Mind - Yoga for Health and Well-Being***



*Arden BWVC is offering a weekly Yoga and Meditation class for stress management and relaxation.*

**We will discuss how to achieve overall well-being through the practice of yoga, breathing, meditation and life style changes.**

**We will start with basic yoga postures, followed by practice of meditation to develop mental concentration and strength.**

*The Yoga Class will start on Wednesday, April 22nd at 6:30 PM at the Buzz*

Led by Tapan Mallik, a retired DuPont engineer and certified yoga teacher with decades of practice. Depending upon interest there will be an option to continue future meetings for deeper practice.

Please RSVP Tapan at: [tkm.note@gmail.com](mailto:tkm.note@gmail.com). **Bring your yoga mat.**

**Donations to the BWVC gratefully Accepted**