

recharge + reconnect

a free open movement class

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relax and restore in a safe, supportive environment

classes gently combine yoga, movement, breathing exercises and Take Care™ wellness practices

no experience necessary - please wear comfortable clothing

saturday afternoons • 2 - 4 pm

ongoing class - begins february 21, drop ins welcome

please come and join us to reconnect with yourself and with others in the community

studio 5-2 • 890 broadway at 19th street • 5th floor

subway: N,R,W,4,5,6,L to union square

for more information, contact: christina chestnut, community program coordinator

212.677.8560 or kathleen@ginagibneydance.org • www.ginagibneydance.org



recharge + reconnect is a program of gina gibney dance/moving the community,
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