

ROSE CARACAPPA SENIOR CENTER

739 ROUTE 25A

MT. SINAI, NY

631-451-5312

**GENTLE YOGA FOR  
SENIORS**

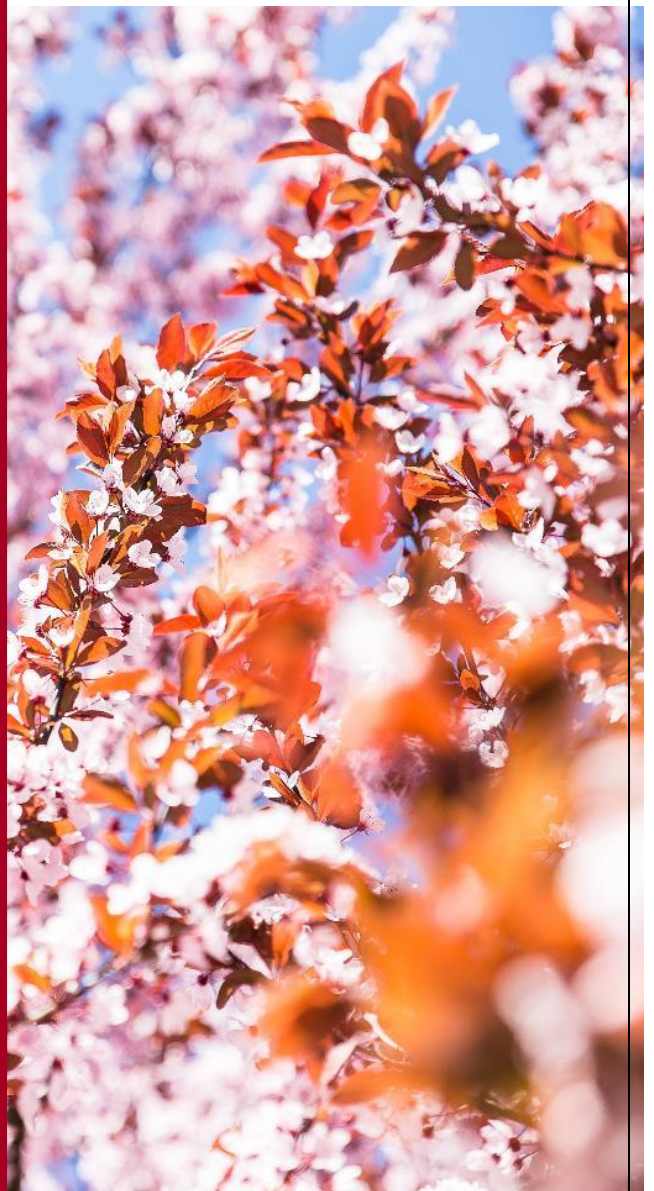
TUESDAYS OR THURSDAYS

10:00 – 11:00

\$45 PER 8 WEEK SESSION

**PAYMENT ACCEPTED IN FORM OF CASH OR CHECK**

**PAYABLE TO: THE TOWN OF BROOKHAVEN**



**REGISTRATION FOR 2023 SESSION 2  
OPENS ON 3/13/2023 AT 10AM-  
REGISTER AT FRONT DESK**

**LEARN BASIC  
BREATHING  
TECHNIQUES WITH  
YOGA POSTURES TO  
RELIEVE STRESS,  
CLEAR YOUR MIND  
AND STAY FOCUSED**



**Supervisor Edward P. Romaine**

Jonathan Kornreich, District 1    Michael Loguercio, District 4  
Jane Bonner, District 2        Neil Foley, District 5  
District 3, Vacant                Daniel Panico, District 6  
   Kevin LaValle, Town Clerk  
   Louis Marcoccia, Receiver of Taxes  
   Daniel P. Losquadro, Highway Superintendent