

DUE TO THE POPULAR DEMAND WE HAD IN
SEPTEMBER, WE ARE EXTENDING THE
FREE YOGA CLASSES TO OCTOBER 31ST

**FEELING STRESSED OUT? TAKE SOME TIME FOR
SELF-CARE AND EXPERIENCE YOGA TECHNIQUES.
SEE YOU AT THE STUDIO!**

FREE YOGA CLASSES



where: eZential Wellness

1 Lamington Rd.

Branchburg, NJ 08876

***Classes can be virtual or in
person at the studio***

For class schedule/more info:
**[Augusta@johnsantoscharitable
organization.org](mailto:Augusta@johnsantoscharitableorganization.org)**

908-938-0392



**The João José 'John' Santos
Charitable Organization**

From STIGMA to EDUCATION
*'Bringing depression and suicide
prevention into the spotlight'*
www.johnsantoscharitableorganization.org

eZential Wellness

A place for harmony, healing and happiness

