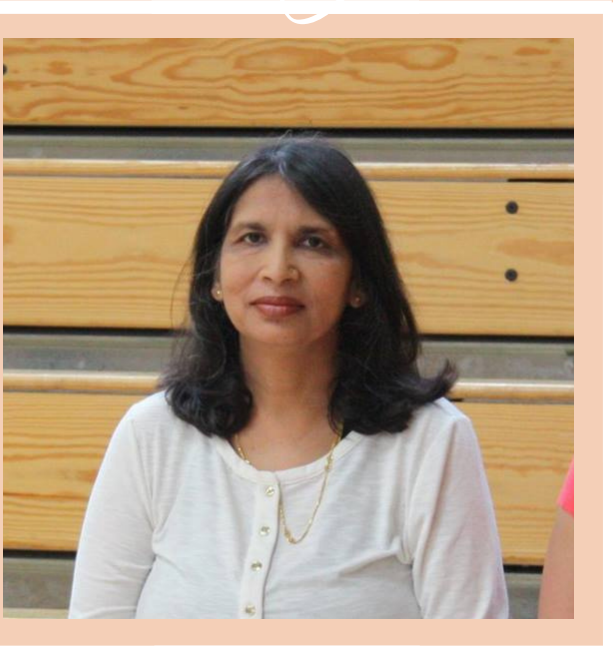


GENTLE MAT YOGA

Essence of Self



Sangeeta Gupta is a yoga teacher specializing in multiple disciplines including Yoga, Ayurveda and therapy for various ailments. She teaches gentle mat yoga and chair yoga hoping to show all of her students how to love themselves, keep a healthy lifestyle, and live each day to the fullest.

Teacher contact:
sureshsangeeta@optonline.net



WHERE:

Setauket Neighborhood House
95 Main Street, Setauket, NY 11733

Come enjoy a mat yoga session with Sangeeta Gupta and connect with your soul, mind, and body!

WHEN:

Every Thursday 10:30-11:30 AM