



Yoga for Social Workers

A Self-Care Thursday

We all deserve and need a self-care break. Join Irina Katz for a 75-minute rejuvenating yoga class, followed by 30 minutes of socializing and informal networking over tea and vegan snacks!

A bit about Irina: Irina Katz is a certified Kundalini yoga teacher, Reiki practitioner, and social worker in the District. She's been practicing yoga for 18 years and teaching for 5 years. Irina understands that social workers have an essential need for relaxation and down time, as well as introspection and self-reflection. She hopes this class will meet this need.

June 30, 2016 @ 7:30 PM

Bloombars 3222 11th St NW, Washington, DC 20010

Irina Katz, LGSW, MPH, RYT-200
Greater Washington Society for Social Work Early Career
Committee

240-447-1610