



SELF-CARE POP UP AT THE 14Y

December 17 | 9:30 AM – 12:30 PM

Free for Members | Free Childcare Available

Get ready for the holiday season by giving yourself the gift of self-care! Clear your morning for yoga, Reiki, chair massage, fitness, and light refreshments.

We've got the kids so you can take care of you.

Sign up for a 10-minute massage and Reiki session in advance by calling **646-395-4310** or emailing **servicedesk@14streety.org**.

9:30 AM – 12:30 PM | Childcare | Room 202

10:00 AM – 12:00 PM | Chair Massage with Leah | Room 402

10:00 AM – 12:00 PM | Reiki with Jen | Room 402

10:00 – 11:00 AM | Yoga with Dianne | Studio

11:00 AM – 12:00 PM | Yoga with Dianne | Studio

11:30 AM – 12:30 PM | Adult Swim | 14Y Pool

