



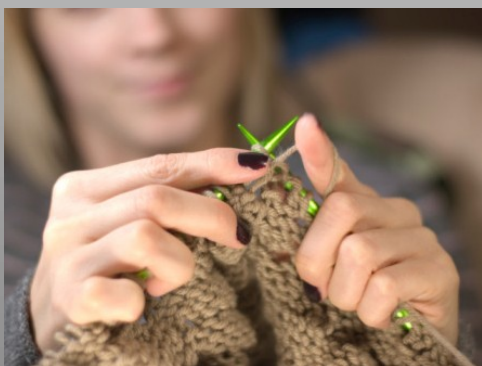
Presents  
**KNITTING FOR FUN AND STRESS  
RELIEF FOR BEGINNERS**

**If you've always wanted to learn how to KNIT here's your chance!**

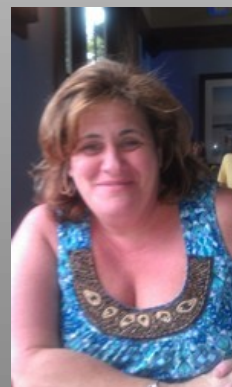
**Not only is knitting fun and creative, its a genuine stress reliever! There's something extremely soothing about knitting that comes from the rhythmic movement that not only centers the mind but calms it as well. Recent studies confirm that the meditative nature of knitting helps manage stress and actually lowers blood pressure!**

**In this 2 hour workshop you'll learn basic knitting techniques including casting on, knit stitch, purl stitch and binding off.**

**Monday May 13th: 6 to 8pm Cost: \$50.  
ALL MATERIALS INCLUDED**



**Janice Gram's mother taught her to knit when she was just 8 years old and she's loved it ever since! She's been teaching needlecraft for over 10 years and specializes in group and private knitting lessons. She has over 40 years of knitting experience and loves sharing her passion with others.**



**Space is limited so reservations are a must! For more information and questions please contact the studio: 973-632-0830 or email: [info@longevitypilates.com](mailto:info@longevitypilates.com)**