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Fall 2024

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**Tuesdays,  
October 29– November 26, 2024  
12:00 pm–1:00 pm  
Online-Event**

**Each class is divided into two parts to suit your needs.**

1. The first half will feature a seated 30-minute meditation practice.
2. The second half will feature a 30-minute all-levels hatha yoga flow.

You can join both, or just attend one.

This practice is accessible for all skill levels. You will have an option to practice with a chair or you can practice on the floor depending on your space availability and fitness needs. There is no need for a yoga mat or yoga clothing, simply show up as you are.

Tune in, refresh and tune out to carry on for a more productive day with more energy and overall feelings of well-being. That's it!

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