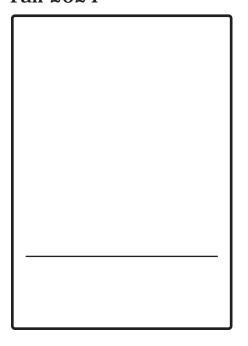


Fall 2024



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 frst half will feature a seated 30-minute meditation practice.
- 2. The second half will feature a 30-minute all-levels hatha yoga f ow.

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 foor depending on your space availability and f tness 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! D.M.L

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