

Yoga & Meditation

Wednesday | 5:00 PM - 5:50 PM | Via Zoom and/or in-person

Instructor: Nina Sclafani

Indulge in a rejuvenating and interactive yoga experience, whether you join us virtually or in person! Join instructor Nina for a session designed to unwind your day while strengthening your body and mind.

Over the 50-minute session, you'll be guided through each pose with attention to proper form, ensuring a safe and fulfilling practice.

Students will receive personalized support to help you cultivate positive affirmations and master effective breathing techniques, enhancing your overall well-being.

CLASS SCHEDULE

Please review the dates your class will meet over the course of the selected session.

Winter I | Wednesday Schedule | 8 Weeks

1/8, 1/15, 1/22, 1/29,
2/5, 2/12, 2/19, 2/26



PRICING

8 Wks: \$360

REGISTRATION

To register, email: chawkins@buexperience.org
More info at www.abcommunityclasses.org