

ABOVE AND BEYOND COMMUNITY CLASSES, INC. PRESENTS:



YOGA AND MEDITATION

with Certified Yoga Instructor Sara M.

Tuesdays 6-6:50pm via Zoom and In-Person

Join us via Zoom OR In Person for this relaxing yet strengthening Yoga Class. Come wind down your day with certified Instructor Sara as she assists students to make sure they are in proper form and enjoying the process. Sara will also take special care to assist students with creating positive affirmations and utilizing proven breathing techniques as they flow through the yoga moves. Students can bring their own mat if they'd like or use one at our space. We look forward to seeing you!

7 Tuesdays for \$315.00

1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, (Off 2/21)

To register, email: chawkins@buexperience.org

More info & instructors' bios @

<https://www.abcommunityclasses.org>

Open to the public, all are welcome!

Take a Class... Join a Community

Via Zoom or @ 150 Motor Parkway, Hauppauge, NY