



35 W Main St, Smithtown, NY, 11787 (631) 992 - 7033 chawkins@buexperience.org

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

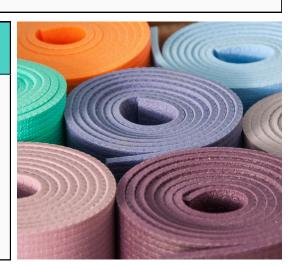
Please review the dates your class will meet over the course of the selected session.

Fall I- 8 Weeks

9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30

Fall II- 7 Weeks

11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18



PRICING

Fall 1 (8 WKs): \$360 Fall II (7 WKs): \$315

REGISTRATION

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