



## 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](mailto:chawkins@buexperience.org).  
More info at [www.abcommunityclasses.org](http://www.abcommunityclasses.org).