



35 W Main St, Smithtown, NY, 11787 (631) 992 - 7033

chawkins@buexperience.org

Yoga & Meditation

Fall I - Saturday | 11:00 AM - 11:50 AM | Via Zoom and/or in-person (Revised 11/21) Fall II - Saturday | 11:15 AM - 12:05 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.

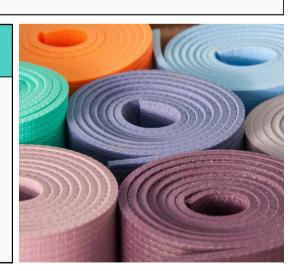
Students will receive personalized support to help you cultivate positive affirmations and master effective breathing techniques, enhancing your overall well-being.

CLASS SCHEDULE

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

Fall I- 8 Weeks 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26

Fall II- 7 Weeks 11/2, 11/9, 11/23, 12/7, 12/14, 12/21, 12/28 (Please note there is no class 11/16)



PRICING

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

REGISTRATION

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