

SHAVASANA & UJJAYI SESSIONS via Zoom

October 20, November 17, December 15
Wednesdays: 6:30 - 7 PM



Everyone can benefit from the practice of yoga

In this half-hour zoom session you feel yourself shift away from your worries, concerns and the fast pace of living to a feeling of well-being and lightheartedness.

To register, respond to this email indicating the dates you prefer. You'll receive an email with the link.

Namaste,
Addie



Light of the Heart
Yoga™

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Light of the Heart Yoga

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