YOGA CLASS

Keep your mind healthy and release stress through our weekly yoga classes.

SUNDAYS

10 AM

NIKKI KATZ

ZOOM

FREE!

Join Nikki Katz on Sundays at 10 AM for a mindful yoga class.

Yoga has many benefits, including improved respiration, increased energy, support in stress management, and promoting circulatory health.

Join Zoom Meeting

https://us04web.zoom.us/j/72114410327?pwd=yVv6tzDwUCeaMMCCT5WW6SaVh47p5K.1

Meeting ID: 721 1441 0327

Passcode: Yoga

AHRC NASSAU