

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/74448955615?
pwd=b87Kk1bs2OqbPCDH0M7x06tWMOLJab.1](https://us04web.zoom.us/j/74448955615?pwd=b87Kk1bs2OqbPCDH0M7x06tWMOLJab.1)

Meeting ID: 744 4895 5615

Passcode: yoga