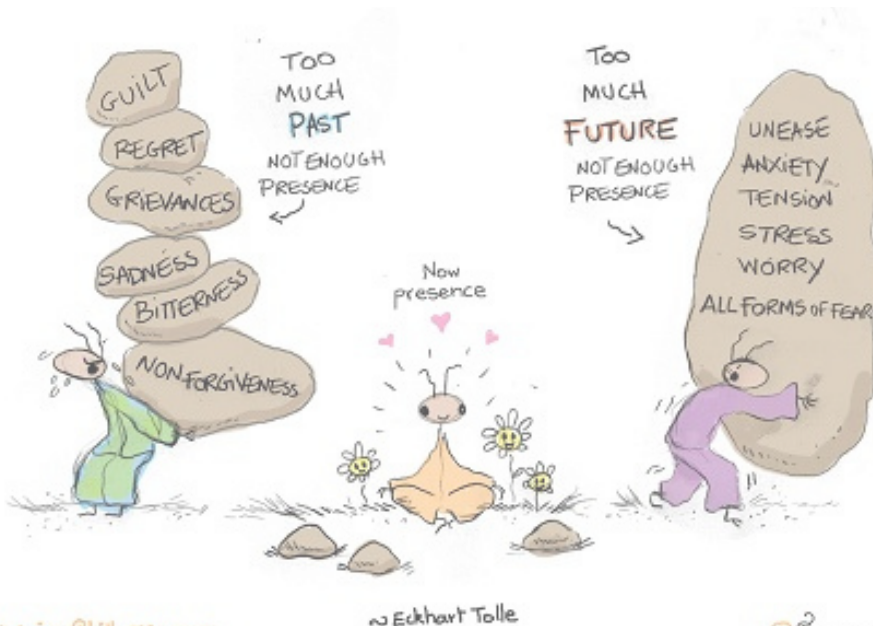
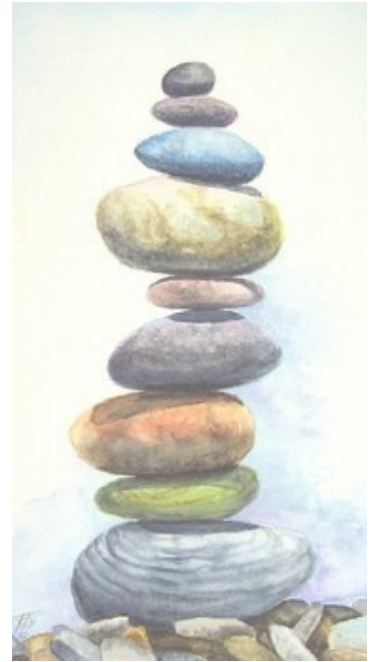


6 WEEK

(ONLINE) AFTERSCHOOL YOGA

JACOB'S ELEMENTARY



WHEN:
WEDNESDAYS
JANUARY 6, 13, 20, 27
FEBRUARY 3, 10
2:45 - 3:30 PM
ONLINE - GOOGLE MEETS

WE HAVE MOVED THIS CLASS TO THE VIRUTAL PLATFORM
GOOGLE MEETS TO MAINTAIN HEALTH AND SAFETY FOR ALL

EXPERIENCE GREATER INNER PEACE + RELEASE PHYSICAL TENSION
THROUGH MINDFUL MOVEMENTS AND MEDITATION PRACTICES.

ALL CLASSES ARE BEGINNER LEVEL.

[EMAIL KERI@CALMINDFULLY.COM FOR THE CLASS LINK](mailto:KERI@CALMINDFULLY.COM)

FACILITATED BY KERI CUSSON DEFUSCO, MSW, LCSW, CYT

FOUNDER OF 