



Yoga Classes!

via Zoom

New Sessions Available!

Zoom Hatha Yoga

When: TUESDAYS

Time: 6:30pm-7:30pm

Fee: \$30/4 week session

Practice from home with a live instructor. Hatha Yoga provides a mix of poses for both stretching and strengthening while learning to use the breath to both calm and energize body and mind. This is a great class for those new to yoga, experienced yogis and everyone in between. You will need a mat and water. Inst: Ms. Ashley

Zoom Slow Flow Yoga

When: THURSDAYS

Time: 6:30pm-7:30pm

Fee: \$30/4 week session

Practice from home with a live instructor. Looking for more of a challenge in your yoga practice? Slow Flow is a slightly quicker paced class than Hatha. We will focus on connecting breath with movement as we flow through a series of poses. Class will provide a balance of strengthening and stretching. You will need a mat and water. Inst: Ms. Ashley

REGISTER NOW!

248-624-2850

wixomgov.org

