

## Yoga & Meditation

**Wednesday | 5:00 PM - 5:50 PM | Via Zoom and/or in-person**

Instructor: Nina Sclafani

Indulge in a rejuvenating and interactive yoga experience, whether you join us virtually or in person! Join instructor Nina for a session designed to unwind your day while strengthening your body and mind.

Over the 50-minute session, you'll be guided through each pose with attention to proper form, ensuring a safe and fulfilling practice.

Students will receive personalized support to help you cultivate positive affirmations and master effective breathing techniques, enhancing your overall well-being.

## CLASS SCHEDULE

Please review the dates your class will meet over the course of the selected session.

**Spring I | Wednesday Schedule | 8 Weeks**

3/5, 3/12, 3/19, 3/26,  
4/2, 4/9, 4/16, 4/23



## PRICING

8 Wks: \$360

## REGISTRATION

To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org)  
More info at [www.abcommunityclasses.org](http://www.abcommunityclasses.org)