

2024 SPRING II CLASS INFORMATION

Yoga & Meditation,

with Certified Yoga Instructor, Jill M, and Kids Yoga Teacher Trained Instructor, Nina S

Saturday | 11:00 AM - 11:50 AM | Via Zoom and/or in-person

Instructors: Jill Mayer, Nina Sclafani

Indulge in a rejuvenating yoga experience, whether you join us virtually or in person! Join certified instructor Jill, and Kids Yoga Teacher Trained Instructor, Nina, for a session designed to unwind your day while strengthening your body and mind.

With their expert guidance, you'll be guided through each pose with attention to proper form, ensuring a safe and fulfilling practice. Plus, they will offer personalized support to help you cultivate positive affirmations and master effective breathing techniques, enhancing your overall well-being.

Feel free to bring your own mat or use one of ours as you immerse yourself in this revitalizing class. We can't wait to share this healing journey with you!

SPRING II SCHEDULE

Please review the dates your class will meet over the course of the 8-week Spring II Session. All courses are available both virtually and in-person at The Blue Umbrella Experience studio, located at 35 W. Main St, Smithtown, NY, 11787.

- May 4 • May 25 • June 8 • June 22
- May 11 • June 1 • June 15 • June 29



PRICING

Spring Session II, 8-Weeks: \$360

REGISTRATION

To register, email: chawkins@buexperience.org

More info & bio's at www.abcommunityclasses.org.

Open to the public, all are welcome via Zoom or at Blue Umbrella Experience @ 35 West Main St, Smithtown, NY