

2024 SPRING II CLASS INFORMATION

Yoga & Meditation, with Certified Yoga Instructor, Sara C

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

Instructor: Sara Caldarello

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

With Sara's expert guidance, you'll be guided through each pose with attention to proper form, ensuring a safe and fulfilling practice. Plus, Sara 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 7
- May 14
- May 21
- May 28
- June 4
- June 11
- June 18
- June 25



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