

Yoga & Meditation

With Certified Yoga Instructor, Jill M, and Kids Yoga Teacher Trained Instructor, Nina S
Tuesday | 4:00 PM - 4:50 PM | Via Zoom and/or in-person
Instructors: Jill Mayer, Nina Sclafani

Indulge in a rejuvenating and interactive 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.

SUMMER 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.

- July 9
- July 16
- July 23
- July 30
- Aug 6
- Aug 13
- Aug 20
- Aug 27



PRICING

Summer Session,
8-Weeks: \$360

REGISTRATION

To register, email: chawkins@buexperience.org. More info at www.abcommunityclasses.org. Open to the public, all are welcome via Zoom or at Blue Umbrella Experience @ 35 West Main St, Smithtown, NY