

ABOVE AND BEYOND COMMUNITY CLASSES PRESENTS...



Vinyasa Flow Yoga and Mindfulness

with **MARISA**

class description: This live, interactive zoom class offers students the opportunity to strengthen their positive Mindset and learn about healthy lifestyles while doing yoga. Marisa strives to teach confidence through movement, positive affirmations and self-regulation breathing techniques. Marisa is skilled at keeping her class engaged while providing a joyful workout and speaking on topics such as nourishing recipes, new yoga poses and of course, Mindfulness!

dates and times: 7 Wednesdays • 10-10:50am
4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2

participation fee: \$300 .00

to register: email chawkins@buexperience.org

open to the **public** and **all abilities**.
see instructor's bio at abcommunityclasses.org
flyer created by SoH ArtWORKS

