

Above and Beyond Community Classes, Inc. Presents:

# YOGA AND MEDITATION

with Certified Yoga  
Instructor Marisa M.



**Wednesdays 10-10:50am via Zoom**

Join us via Zoom for this ongoing class on Wednesdays from 10-10:50AM for our weekly yoga class. Together, we will focus on proper form, breathing techniques, and also offer guided meditation. Marisa, our yoga instructor, meets students where they are at and then gently challenges students to increase their understanding and yoga skills each week. We look forward to seeing you there!

**\$360.00 for 8 Wednesdays 10-10:50am 4/27, 5/4, 5/11,  
5/18, 5/25, 6/1, 6/8, 6/15**

To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org)

More info & instructors' bios @

<https://www.abcommunityclasses.org>

Open to the public, all are welcome!

Take a Class... Join a Community

Via Zoom or @ 150 Motor Parkway, Hauppauge, NY