



**Above and Beyond
Community
Classes, Inc.
Presents:**

**Saturdays
11-11:50am
via Zoom
or In-Person**

Yoga & Meditation

with certified Yoga instructor Sara M.

\$360.00 for 8 Fall I Sessions:

Sat.'s -9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28

\$315.00 for 7 Fall II Sessions:

Sat's-11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16

Join us via Zoom or In-Person for this relaxing yet strengthening Yoga Class. Jump start your day mindfully with certified Instructor Sara as she assists students to make sure they are in proper form and enjoying the process. Sara will also take special care to assist students with creating positive affirmations and utilizing proven breathing techniques as they flow through the yoga moves. Students can bring their own mat if they'd like or use one at our space. We look forward to seeing you!

To register, email: chawkins@buexperience.org

More info & instructors' bios @

<https://www.abcommunityclasses.org>

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