

Family Yoga at Home

Free Classes!

Location: Zoom Online App

When: Every Saturday 11:00am – 12:00pm



Please **download** the “ZOOM” app on any electronic device i.e. computer, laptop, tablet, or cell phone. You **must register** to join. Below are the Webinar ID numbers and links. We will have an instructor guiding the Yoga classes. Anyone can participate. The use of a Yoga mat is optional.

Saturday’s – Webinar ID: 915 1525 5247 <https://zoom.us/j/91515255247>

