

Virtual Hatha Yoga

*I*n this class, postures are practiced to align, strengthen, and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers. A yoga mat is required.

Instructor: Rupal Chokski, a certified yoga instructor with more than 20+ years teaching experience.

Age: 18 and older

Location: Virtual, a zoom link will be emailed before the start of class.

***No class on 3/22, **No class on 3/24**

Code	Dates	Days	Times	Fee
313003-01	11/30-12/21	M	7:15-8:15PM	\$40
313003-02	12/2-12/23	W	7:15-8:15PM	\$40
313003-03	1/4-1/25	M	7:15-8:15PM	\$40
313003-04	1/6-1/27	W	7:15-8:15PM	\$40
313003-05	2/1-2/22	M	7:15-8:15PM	\$40
313003-06	2/3-2/24	W	7:15-8:15PM	\$40
313003-07	3/1-3/29*	M	7:15-8:15PM	\$40
313003-08	3/3-3/31**	W	7:15-8:15PM	\$40



This class is perfect for all skill levels.

