

I am very pleased to announce that I will resume weekly in-person yoga at CCC on Tuesdays from 5:30pm - 6:30 p.m., beginning Tuesday March 15th! This will be an all-levels Hatha Yoga practice focused on balancing, strengthening, and stretching the mind/body. There will also be breathing techniques and meditation for quieting the mind and stress release.

We will meet in the Seminar Room, and I ask that you bring any props that you love to practice with in addition to your mat. Class cost is \$20-25 cash/check/Venmo/Paypal. Requests for certain postures during class are always welcome. I'm very excited to be connecting in community again. Please spread the word and join me for yoga on Tuesdays!

Diana Estey

aliveanew.com

diana@aliveanew.com