

RIVER DELL PTO PRESENTS

A Week of Yoga

WITH *morgan kennedy yoga*

Join us for a week of free beginners' yoga classes

Zoom Meeting ID: 230 550 2020 Password: rdpto

MONDAY, OCTOBER 12 8:00-9:00 PM

Monday Meditation

Relaxing, slow yoga with a beginners' meditation to start off your week

TUESDAY, OCTOBER 13 5:00-6:00 PM

Restore & Reset

Beginners' vinyasa flow to clear your mind

WEDNESDAY, OCTOBER 14 4:30-5:30 PM

Wednesday Wiggles

A class especially for children of any age with easy stretches and music

THURSDAY, OCTOBER 15 5:00-6:00 PM

Refresh & Renew

Beginners' vinyasa flow to connect movement with breath

FRIDAY, OCTOBER 16 7:00-8:00 PM

Friday Family Flow

Flow for your whole family; poses for any age

 Morgan Kennedy Yoga

 @morgankennedyyoga

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