

Free Zoom Yoga

By Angela Stewart



Let yoga be a part of your healthy lifestyle with classes that will focus on deep breathing, stretching, and creating a sense of calm. You will be able to practice a gentle yoga class from the comfort of your home. The cost of these classes are covered by District 34.

Our instructor, Christina DeFranco, has extensive training in anatomy and is skilled at modifying moves to either a more gentle option or a more advanced option. She enjoys teaching to our mature population, and her understanding of our potential limitations is very helpful. Her class will be for all levels and all abilities. For more information, feel free to visit her website at rootedtreewellnessstudio.com

The sessions will take place on the first Tuesday of the month, running from September to January and all classes will begin at 7 p.m. Please login five to ten

minutes early, if you are trying Zoom Yoga for the first time, to make sure everything is working.

Dates:

Tuesday, September 5, 2023

Tuesday, October 3, 2023

Tuesday, November 7, 2023

Tuesday, December 5, 2023

Tuesday, January 9, 2024

Time: 7 p.m.

Use the following link to sign up for one or more classes: calendly.com/christinadefranco/rto-yoga

Here is a quick tutorial on HOW to register in case you have trouble figuring out the booking system: bit.ly/3HzXRod

You will receive an initial email upon registration, and a reminder email one hour prior to the class.

If you have any questions, please feel free to contact Christina directly at: hello@rootedtreewellnessstudio.com.