

# FREE ADULT VIRTUAL YOGA CLASSES



ANITA STEELE LEADS THESE ONE-HOUR ONLINE ADULT YOGA CLASSES THROUGH THE ZOOM APP. PERFECT FOR THE BEGINNER AND SUITABLE FOR ALL EXPERIENCE LEVELS. NO EXPERIENCE NECESSARY!



ANITA IS A CERTIFIED YOGA TEACHER AND HEALTH COACH.

THESE CLASSES ARE PERFECT FOR INDUCING FLEXIBILITY, TONING MUSCLES AND CULTIVATING INNER PEACE.

Virtual Classes:  
Saturdays  
11am-12pm



Have a question?

Please call: (610) 655-6362



To register:

[onlineclasses@reading.lib.pa.us](mailto:onlineclasses@reading.lib.pa.us)

