

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 participate in the
online Zoom class:

Zoom Meeting ID: 876 6096 8384

Password: yoga81

