



Life In Yoga

"BE IN THE MOMENT, WHERE LIFE EXISTS"

member of

CYA International



DAILY ONLINE YOGA

Dynamic Yoga at **6:00 am** Duration 1 hr

To join, [Click Here](#)

<https://us02web.zoom.us/j/459673036> Zoom ID 459-673-036

Hatha Yoga at **11:30 am** Duration 1.5 hr

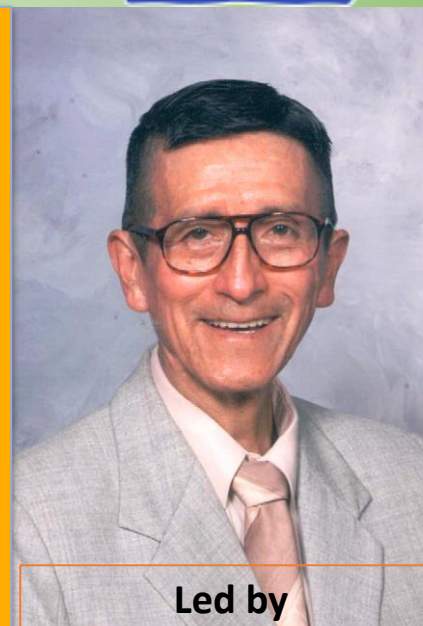
To join, [Click Here](#)

<https://us02web.zoom.us/j/936476032> Zoom ID 936-476-032

Meditation at **7:00 pm** Duration 0.5 hr

To join, [Click Here](#)

<https://us02web.zoom.us/j/660681123> Zoom ID 660-681-123



Led by

Atanasio Castro

CAUTION: Each person assume their own responsibility to practice within their capacity. Life in Yoga and our volunteers/staff are not responsible for any adverse outcome.

PROGRAM IS FREE AND OPEN TO ALL

Donations welcome at <http://www.lifeinyoga.org/>

The Program uses Zoom Webinar as the format for the session

For further information, athanasiusk@gmail.com