

WELL IN MIND YOGA

Below are recorded yoga classes so far during Attitude of Gratitude.

****Copy and Paste the links into your browser to access****

Friday 10.15.21 12 PM:

<https://attendee.gotowebinar.com/recording/7766722958088398096>

Friday 10.15.21 8 AM:

<https://attendee.gotowebinar.com/recording/607483891262658064>

Thursday 10.21.21 8:30 AM:

<https://attendee.gotowebinar.com/recording/8709486009314401040>



Call x35596 or email lhogan@rhc.net