



Virtual Lunchtime Yoga

Tuesday, March 9th &
Thursday, March 18th
12:00 – 12:30PM

Class will start with a warm-up and move into a variety of yoga poses. This class is designed to encourage balance, flexibility and strength. Basic alignment, breath awareness, and stretches will be focused on. Great for all levels.

For March 9th use this link to join Zoom Meeting:
<https://zoom.us/j/93499656323?pwd=VlowY2Y1MzBTREZ6TG5pK1UrTGdhZz09>

For March 18th use this link to join Zoom meeting: <https://zoom.us/j/93464912887?pwd=dVo1YzNCRy9TSEMvOHRjbDh6REVMTQT09>

**Free for Washington
County Employees.**

**For more information
please contact
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WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center