



*Join us!*  
at the  
Center for Contemplative Studies



# Yoga

## Virtual Zoom Sessions

TUESDAYS 11:00 AM



Led by Emma

Join Emma for 45 minutes of yoga. The sessions vary each week. Examples of topics to be covered: Vinyasa style yoga, Hatha style yoga, yoga for sensitive knees.

Visit Emma on YouTube

[https://www.youtube.com/channel/UCg8se3P9nvzwOCChFV6oDRA?view\\_as=subscriber](https://www.youtube.com/channel/UCg8se3P9nvzwOCChFV6oDRA?view_as=subscriber)