

## Yoga with Ramona



Fri Oct 6, 2023  
10:00am to 11:00am EST



American Real Estate University LIVE - Covington  
1123 Church Street - Suite 103 - Covington, GA  
- OR -

Zoom LIVE Meeting  
- Zoom LIVE Meeting,

Register At [www.AmericanREU.com/classes](http://www.AmericanREU.com/classes)



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## Yoga with Ramona

Join Ramona Tuesdays & Fridays for Yoga! Mats, props, water, etc. will be provided. Comfortable clothes are recommended.

On Tuesdays, we will do Gentle Flow. This class is open to all levels. The flow is a simple sequence to warm the body, as well as slower paced movements focusing on alignment, strength, and balance.

On Fridays, we will do Yin+Restore. This class is suitable for all levels. Poses are done from the mat (no standing or balancing) using props such as blocks and bolsters. The focus is on connective tissue, fascia, etc. Benefits include stress and anxiety reduction, improved circulation and flexibility - not to mention total relaxation!

No CE Credit Given, Just Relaxation for Real Estate Agents