



# Virtual Traditional Yoga - Online

Start date: 10/1/2022 8:00 AM

End date: 10/1/2022 9:15 AM

Taught in a gentle and traditional manner, this virtual yoga class is an excellent way to start learning and practicing yoga. It is suitable for complete beginners or more advanced practitioners who are ready to take the basic postures to the next level. Ideal for people of all ages and fitness levels.

Registration: Please complete the one time registration. An email will be sent within 24-48 hours with the link and class information. Link will also be provided in confirmation email. If you do not see a confirmation email, please check your spam folder.

Cost: This event is free and open to the public.

Location: This event is online only.

Questions? Please call 336-718-7000 or email [childbirtheducation@novanthealth.org](mailto:childbirtheducation@novanthealth.org) for more information.

**IMPORTANT:** If you do not receive a confirmation email within 24 hours of registration,

Event location:

Winston-Salem