



# Virtual Yoga

WITH LAUREN

Join me Thursday nights for  
our virtual Fall yoga series!

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Classes are Vinyasa-style  
beginner level and open to all!

## **Fall Yoga Series:**

**October 15th, 22nd, and 29th**

**November 5th, 12th, and 19th at 7:00 PM**

Please call 201-444-2390 to register.

Class info will be sent after registration.

Class cost is \$5 cash or venmo.

