

Sokol
Tabor

**COMMIT TO
BEE-ING FIT!**

YOGA & S'MORE



COACH: CHRISTINA CURRAN

**THIS IS A HYBRID CLASS. PARTICIPATE IN PERSON,
VIA ZOOM, OR A MIXTURE OF THE TWO OPTIONS.**

**Classes held Thursday nights from 6:30-7:30 p.m.
starting February 1 through April 25.**

ONLINE REGISTRATION IS OPEN

WWW.SOKOLTABOR.ORG

Yoga & S'more combines the practice of yoga and s'more activities to engage a sound mind in a sound body. During the hour-long class, a portion focuses on yoga, while the other rotates fitness, games, or relaxation activities. This unique combination is a new approach to physical and mental well-being. A handful of these nights incorporated offering social fun.