

Always Be Dancing: The Art of Movement for Every Body (from Eve Costarelli)

I am offering online yoga classes with a calm and open heart, free of charge, but will gladly and graciously accept donations of any amount at Venmo (Eve-Costarelli) or PayPal (adamant_Eve@hotmail.com).

This is my first time doing anything like this, so please have patience with the process.

YOGA FOR TOTS- 3/19/2020 10:00-10:30AM

Please have:

*** a yoga mat or a large towel**

*** water**

***a blanket and stuffy (optional) for final rest**

Join Zoom Meeting

<https://us04web.zoom.us/j/7200044154> ; Meeting ID: 720 004 4154

One tap mobile: ,,7200044154# US Toll

Meeting ID: 720 004 4154

Find your local number: <https://us04web.zoom.us/u/fwUVQAKp9>

YOGA FOR MID-GRADE/TEENS/ADULTS-3/19/2020 4:00-4:30PM

Please have:

*** a yoga mat or a large towel**

*** water or a cup of tea**

***a blanket and stuffy (optional) for final rest**

Join Zoom Meeting

<https://us04web.zoom.us/j/869376344>; Meeting ID: 869 376 344

One tap mobile: ,,869376344# US Toll

Meeting ID: 869 376 344

Find your local number: <https://us04web.zoom.us/u/fwUVQAKp9>

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**I Am Eve,
Eve Costarelli**

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