



## Yoga from the Garden

Join the Garden and WithLoveDC as we continue our weekly community yoga class. Typically offered on-site at the USBG Conservatory or outdoor garden, we are now supporting an online yoga class to continue the program for community health and well-being. During this online class, an instructor from WithLoveDC will lead a 30-minute meditation and yoga practice via this new link.

**DATE: Every Saturday**

**TIME: 10:30 a.m. to 11:30 a.m.**

**REGISTER:** <https://app.livestorm.co/u-s-botanic-garden/yoga-from-the-garden?type=detailed>

### **RECORDINGS:**

If you're not able to join us for a live yoga session on Saturday, use a recording of one of our yoga sessions to practice when works for you.

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**Source URL:** <https://www.usbg.gov/yoga>