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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. Space is still first-come, first-serve, only the first 100 yogis to log in will be able to practice!

DATE: Every Saturday

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

REGISTER: https://us02web.zoom.us/webinar/register/WN_4dl8s7GuRliyvHfgzYfIQ

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.

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