

August 6th
1:00 pm – 2:00 pm

Yoga Class

Certified yoga instructor, Sharon Morris-Smith, will guide employees through this yoga session which can be done by employees and family members of any ages!

What you need...

These items are recommended but not required

- ✓ Athletic or yoga attire
 - ✓ Yoga mat or beach towel
 - ✓ Drinking water
 - ✓ Hand towel for sweat
 - ✓ A great attitude!
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Sharon Morris-Smith

Sharon Morris-Smith is the founder of Assuage (uh-sweij) Yoga. She started practicing Yoga more than 15 years ago. She had the opportunity to experience firsthand the healing power of Yoga and meditation. This experience was so impactful, she decided to become certified and has since been sharing her knowledge and the wonderful benefits of Yoga and Meditation healing techniques with others.