

# Rocking the Road for a Cure's Virtual Yoga Class for Breast Cancer

**June 3, 2020 – 7:30pm to 8:30pm**

**Yoga Instructor – Olga Liarikos CYT  
Donation \$10.00**



**This gentle flow class will help you loosen up stiff muscles and open your heart chakra to the experience of helping others, as the proceeds of this class will be donated to Rocking the Road for a Cure. The class will incorporate breathing techniques, light resistance poses, intermittent flows, seated and reclined postures for a deep stretch. Let's share in this yogi experience together.**

**This is a virtual yoga class in which several people in your family or friends can join you and have fun. This is a great opportunity for everyone of all ages from beginners to experienced!**

**You have the option of the instructor and participants viewing you or keeping it private. To register go to the link below, once registered you will receive a confirmation through your text or email. On the day of the event you will receive a code to join this class at 7pm.**

**<https://clients.mindbodyonline.com/classic/ws?studioid=235472&stype=-103&sTG=35&sVT=275&sView=day&sLoc=1&sTrn=100000108&date=06/03/20&sSU=true>**

**All proceeds will go to Rocking the Road for a Cure, a nonprofit 501(c)(3) organization providing free wellness and support services and COVID 19 essentials packages for individuals in breast cancer treatment. For more info regarding RTRFAC go to [rockingtheroadforcure.org](http://rockingtheroadforcure.org)**

