

## **Live Stream Yoga With Salacia**

**Follow this link to join a selection of Live Stream Yoga classes;**

**[www.yogawithsalacia.com/](http://www.yogawithsalacia.com/)**

**brought to you by Salacia via ZOOM through the Internet, with a wide range of classes to suit all levels and abilities. Whether you're a seasoned yogi or have never done yoga before.**

**Staying at home for a while? Me too. This is a scary time for us all, but worry not, There is always a silver lining... I have every faith that we'll all come out stronger when this storm has passed. Let us find comfort in knowing that we are all in this together.**

**By bringing a selection of Live Stream Yoga classes to you via Zoom, I'm hoping to share as much love and light as I can to help you feel safe and happy, through the magical world of the internet! Experience the beauty of what yoga has to offer, through the comfort of your own home.**

**This is a great opportunity to find a little routine in taking your home practice to the next level. Involve pets, wear what you like and have fun with it! I am offering a wide range of classes to suit all levels and abilities- whether you're a seasoned yogi or have never done yoga before- you'll be greeted with a warm smile and a space to breathe and move.**

**Email me for info: [salacia.marianna@gmail.com](mailto:salacia.marianna@gmail.com)! Love and light.**