**Virtual Yoga through Baruch**

*(From Gerald Tang at the Starr Career Development Center, 3/26/20)*

**<<MORNING YOGA>>**

Hi Friends,

I hope you are doing well and staying healthy.  I certainly miss seeing you in class.

**Great news! I will now be offering free virtual yoga class via my Facebook page on Mondays to Fridays from 7:45am to 8:45am EST starting tomorrow.  All you need to do is to wake up in the morning and come practice with me.**

Here is the information:

Follow me on Facebook at: <https://www.facebook.com/gtangyoga/>   and I will be broadcasting it via Facebook Live.

For those of you who do not have Facebook, join me via Zoom here:

<https://baruch.zoom.us/j/3895298117> as I will running it simultaneously.

Hope to see you on the mat!

Stay strong and healthy!

Gerald

Gerald Tang  [He/Him/His]

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**<<AFTERNOON YOGA>>**

Hi Friends,

I know that some of you are not a morning person.  Great news! I will now be offering free virtual yoga class via my Facebook page **in the evening on Wednesdays and Fridays from 5:30pm to 6:30pm EST starting tomorrow**.  It will be a **slow flow class** (Level 1/2) for you to unwind.

Besides the morning class from 7:45am to 8:45am every Mondays to Fridays, you can now see you **TWICE** on Wednesdays and Fridays.

No pressure, just want to give you more options to stay fit and reduce stress ;)

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