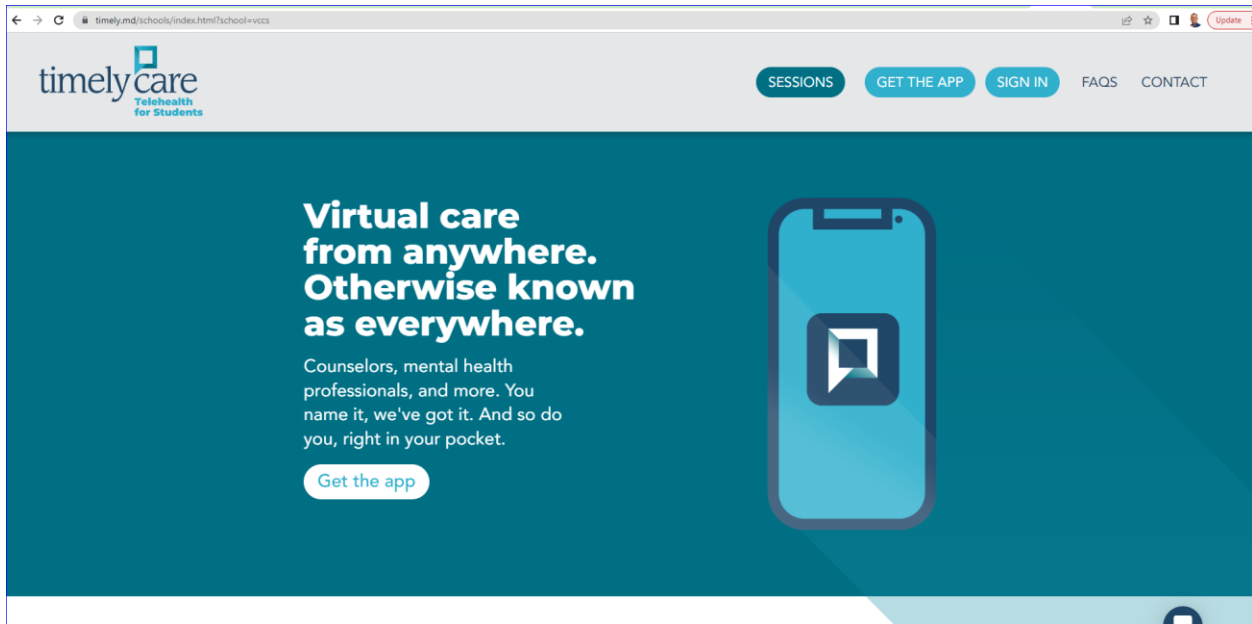
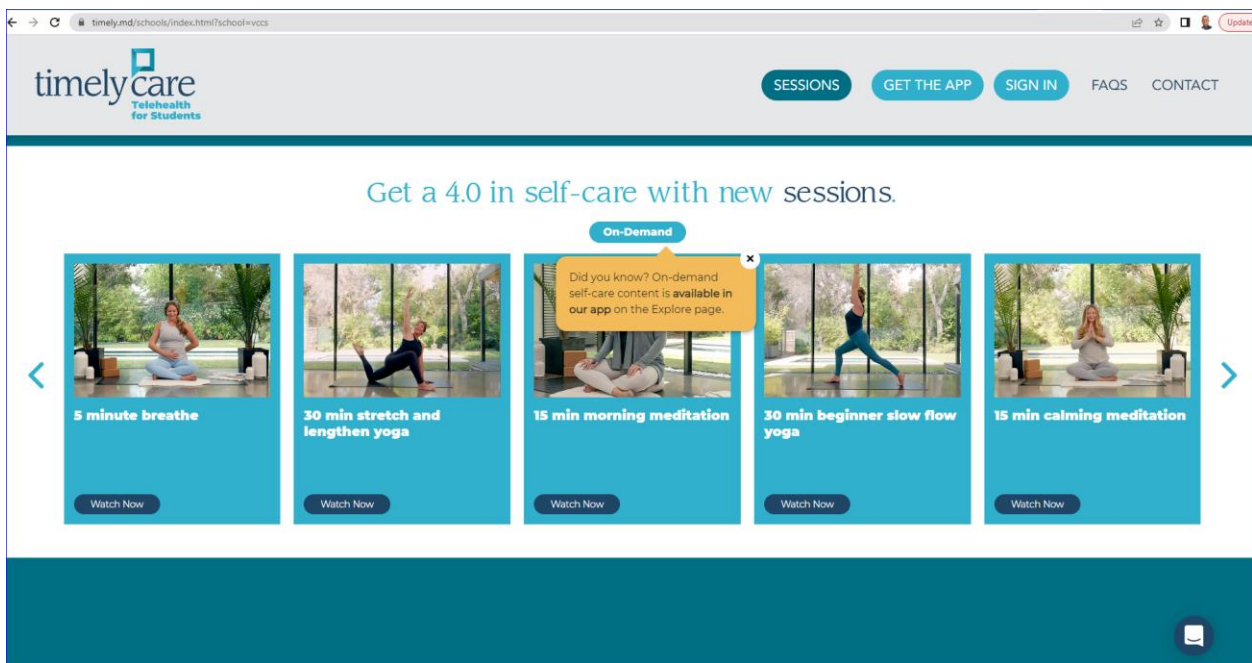


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Telehealth
for Students







sessions

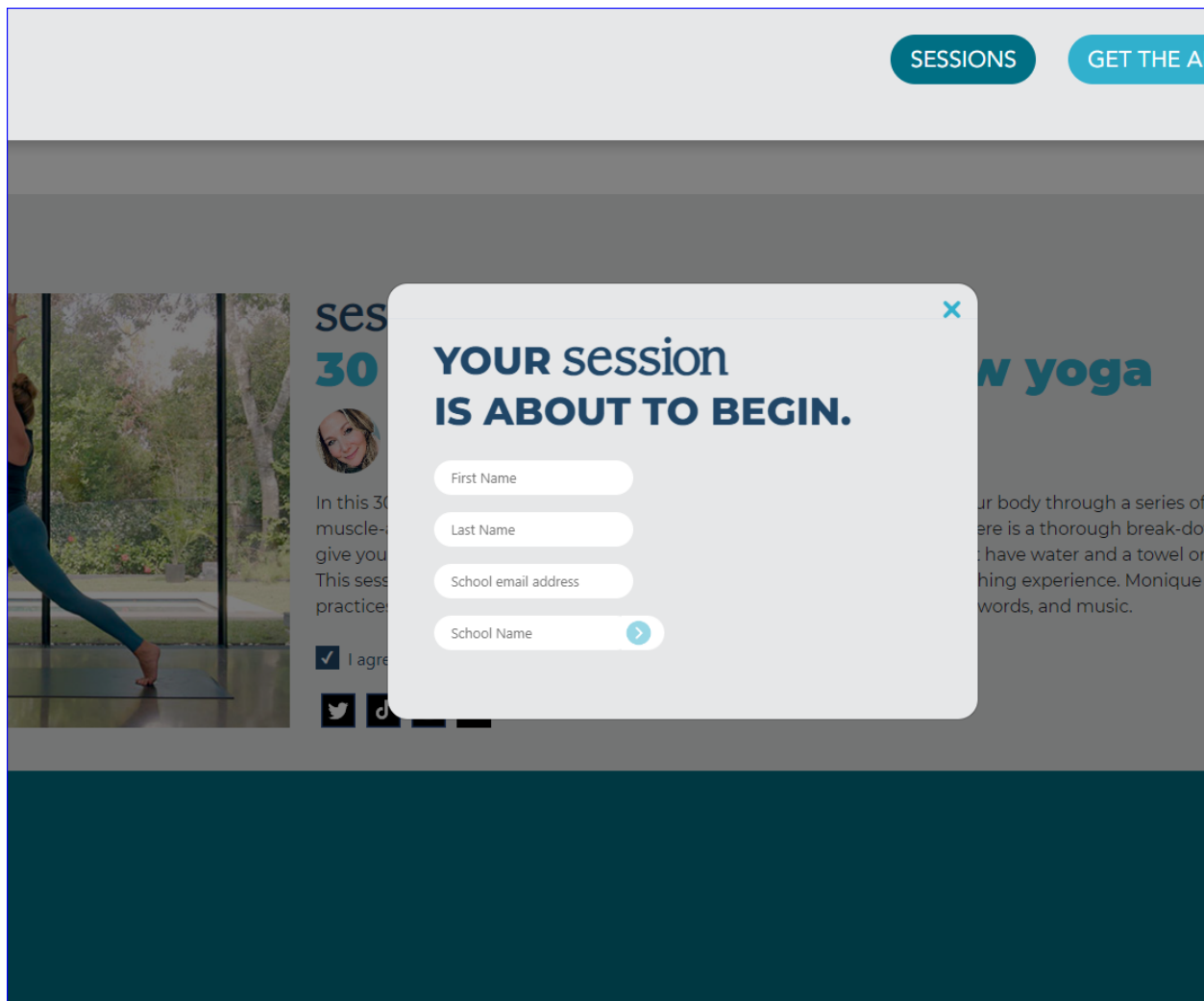
30 min beginner slow flow yoga

 Monique French Barton

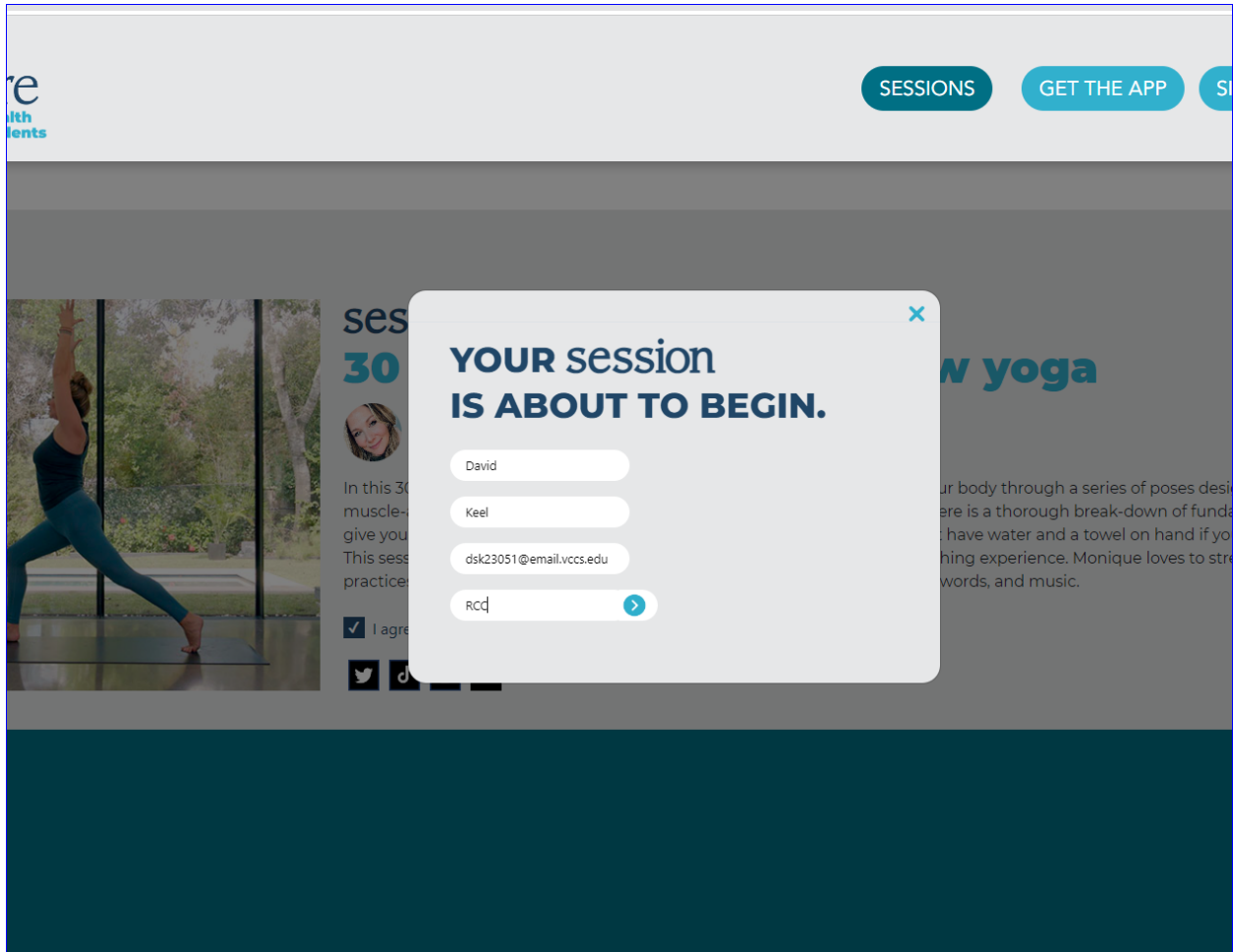
In this 30 minute beginner-focused yoga session, you will gain strength in your body through a series of poses designed for muscle-activation, with a challenging flow that gets your heart pumping. There is a thorough break-down of fundamental poses to give you the tools to help you feel powerful and poised. No props needed, but have water and a towel on hand if you begin to sweat. This session is taught by Monique French Barton who has seven years of teaching experience. Monique loves to strengthen your practices with an emotional connection through the power of laughter, wise words, and music.

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