



HATHA YIN YOGA FUSION W/ PAULA MORDINI.

of Paula's Own - A Health & Wellness Consultant / Yoga Instructor

*Cultivate your mind & body connection with this inviting yoga sequence
Settle into the poses, strengthen your breathwork, and nourish your soul
Great for all levels from beginner to advanced*

Monday's- 7:00am & 7:15pm

Wednesday's- 7:00am

On Track Wellness

212 Station Plaza N. Mineola, NY 11501
(across from the LIRR station)

516-434-1692

www.ontrackwellness212.com

Check us out on social media:



@ontrackwellnessmineola

@paulas_own