

# Yoga online Sessions 30min Live M-T-W-Th 7:00am For the Busy Human

at Nur Health / Nur Yoga \*Nora Aly Yoga Therapist -  
500RYT

30 min at 7:00 am \* Live \* Online Everyday Vinyasa  
flow w/ different focus Mon-Balance Tues-Neck &  
Shoulder Wed-Core Th-Restorative Nora Aly Yoga  
Therapist, 500 RYT Let's Move!!! 12 Classes use in  
60 days \$78

#### Terms and Conditions

12 Classes use in 60 days. 12 Classes \$78

Exp: October 31, 2024

Offer Code: <https://link.waveapps.com/8k5cg2-v3qv3c>