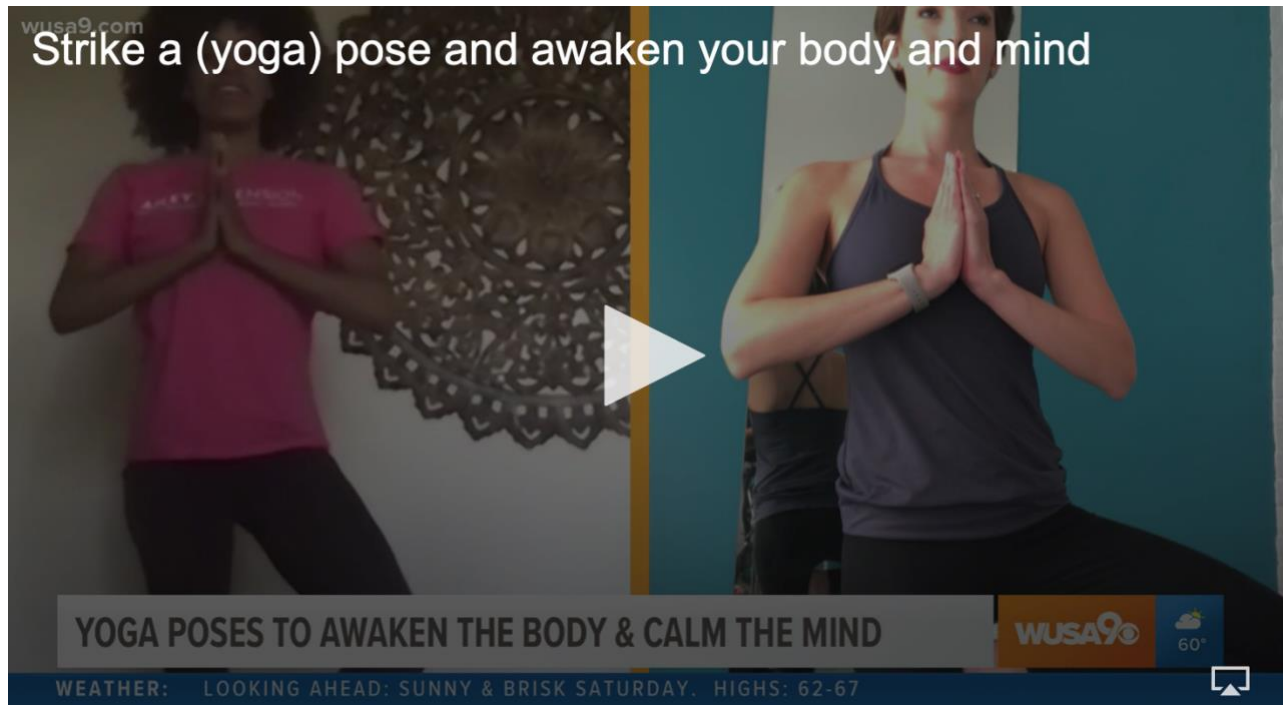




Strike a (yoga) pose and awaken your body and mind

October 1, 2020



Watch here: <https://www.wusa9.com/video/entertainment/television/programs/great-day-washington/strike-a-yoga-pose-and-awaken-your-body-and-mind/65-4a31c17c-f319-4e9d-8fb4-f61da634d0c1> (5 minutes)

Yoga instructor with Ailey Extension, Pilin Anice shares some professional yoga tips made easy.