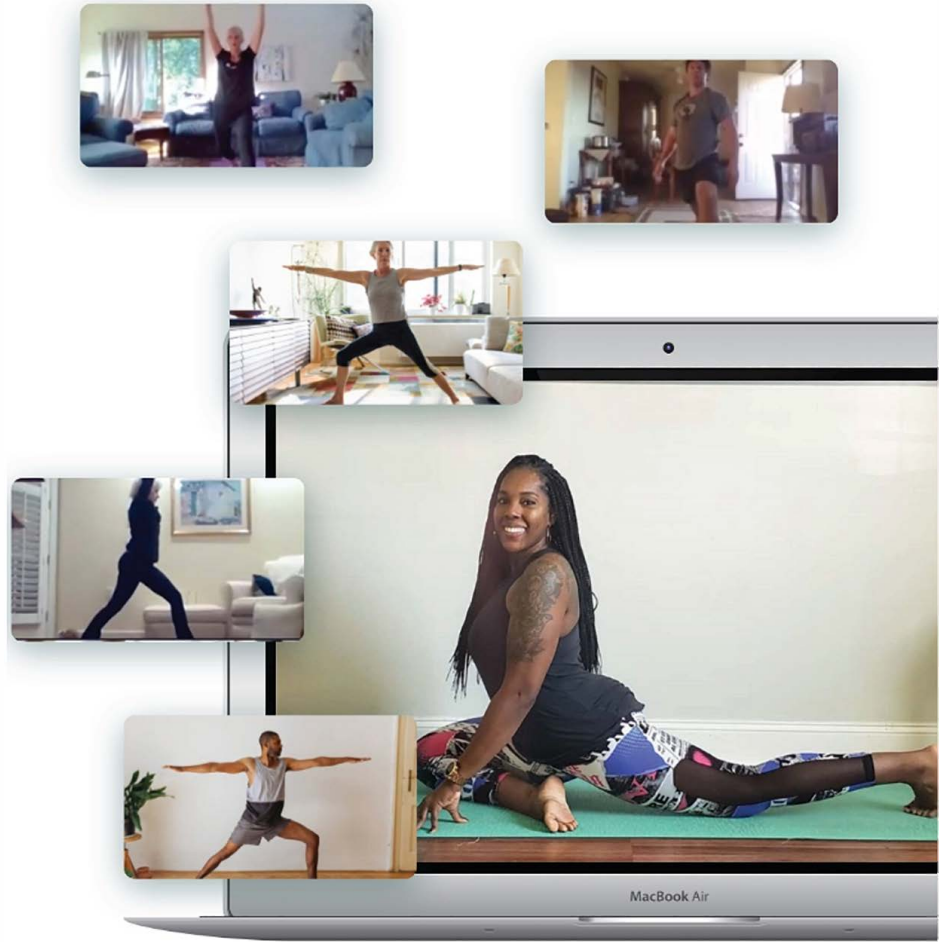




# FREE Live Online Yoga & Wellness From Home



All Levels Welcome!  
Classes include:

- Tai-Chi
- Qigong
- iRest Meditation
- Vinyasa Yoga
- Ashtanga Yoga
- Forrest Yoga
- Power Yoga
- Restorative Yoga
- Yin Yoga
- Pre-Natal Yoga
- Post-Natal Yoga
- Chair Yoga
- and more!

Tired, stressed, anxious, or in pain? Yoga and meditation are **proven** to reduce stress, improve sleep, reduce pain, and enhance mental clarity and well-being. The key is to get started and practice regularly.

That's why we **MIIA** and **Ompractice** are teaming up to offer **all employees** (not just subscribers) and their immediate family members in the MIIA/BCBS member groups get free, unlimited live yoga and wellness classes that can be taken from home or anywhere else. All classes are taught via two-way video so you are seen and supported by a great teacher. All you need is a mat and the camera on your laptop, tablet, or cell-phone.

Whether you are a complete beginner or a long-time practitioner, you will enjoy and benefit from these classes.

Sign up at: [ompractice.com/miia](https://ompractice.com/miia) first, and then choose any



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[ompractice.com/miia](https://ompractice.com/miia)