

2/19/2021

Dining room

Today is a beautiful sunny day. I make a decision to start yoga class. It has been a long time of Corona virus keep interrupting people's daily life. Many gyms, yoga and dance studios have been closed for a year. It is very hard for people to have a healthy lifestyle without excision and workout very regularly. So I started learning yoga from online class from day on.

It is 30 minutes online classes. It is very easy and relaxed. I enjoy it a lot.

