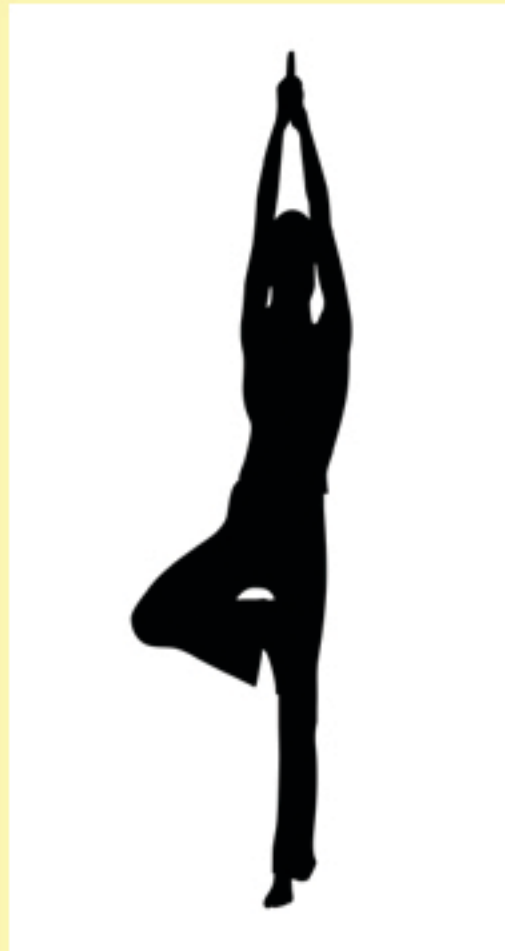


Whether you have been practicing yoga for years or are a beginner, you will find our studio inviting and inspiring. Our skilled instructors will guide you through all poses and provide you with appropriate modifications.



Benefits of Yoga:

- * Relaxation
- * Better flexibility
- * Balance
- * Strength



Schedule

Monday through Thursday:

6am, 9am, 12noon, 6pm

Friday: 6am, 9am, 5pm

Saturday: 8am, 10am, 12pm

Sunday: 8am, 12pm