

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