

NEW YOGA CLASS

GENTLE FLOW

Join Our Gentle Flow Class – Perfect for All Levels!

Our Gentle Flow class is suitable for all participants, regardless of experience or fitness level. Start with back-strengthening poses and stretches that help you loosen up. You are then fully guided through standing poses and core exercises, a relaxing Yin-based cool-down and then, savasana. This class is perfect for those who want a medium-level difficulty, somewhere between a Healthy Backs class and a Slow Flow. Come join us!

Tuesday

9:30am with

Katie

Thursday

9:30am with

Krishna