

Experience freedom from compulsive worry, stress, and body pain as you stretch your body, strengthen your focus, and reestablish your natural ability to restore and find balance.

WHY?

- Improves balance, flexibility, and posture
- Releases tension
- Increases focus
- Reduces stress
- Enhances awareness (and self-awareness)
- Improves energy levels

WHAT TO EXPECT

YOGA

Classes can be anywhere from 15-90 minutes in length. You can choose from a variety of classes that best support your individual or group needs, and we can help you determine what style will be most effective. All mats and props will be provided.

MEDITATION

Sitting in a chair or on the floor, we will start to bring focus inward with simple breathing techniques. This class will teach you simple methods to incorporate on a daily basis. Recommended class length is 30-60 minutes.