

yoga

by donation

(or use your class card)

tue 6-7:20 pm	free range yoga
wed 7:15 pm	yin yoga
thu 11-12:30 pm	free range yoga
sun 9 am	blisyoga

please check our website for more details and information about each class.
classes are very different from each other, and are appropriate for most students
that have no injuries or mobility challenges.
these are ongoing classes you can drop in at any time.

