

Fall Yoga

OCTOBER 2nd Fall Yoga Series Begins!

The theme of this Fall Series will be Pranayama- The Breath of Life. During this series we will explore different breathing practices for healing and maintaining vitality.

Sunday

10:00-11:15am Mixed Level

11:30-12:45am Level 1/Gentle

1:00-2:15pm Recovery

Monday

8:30-9:45am Yin Restorative

5:45-7:00pm Yin Restorative

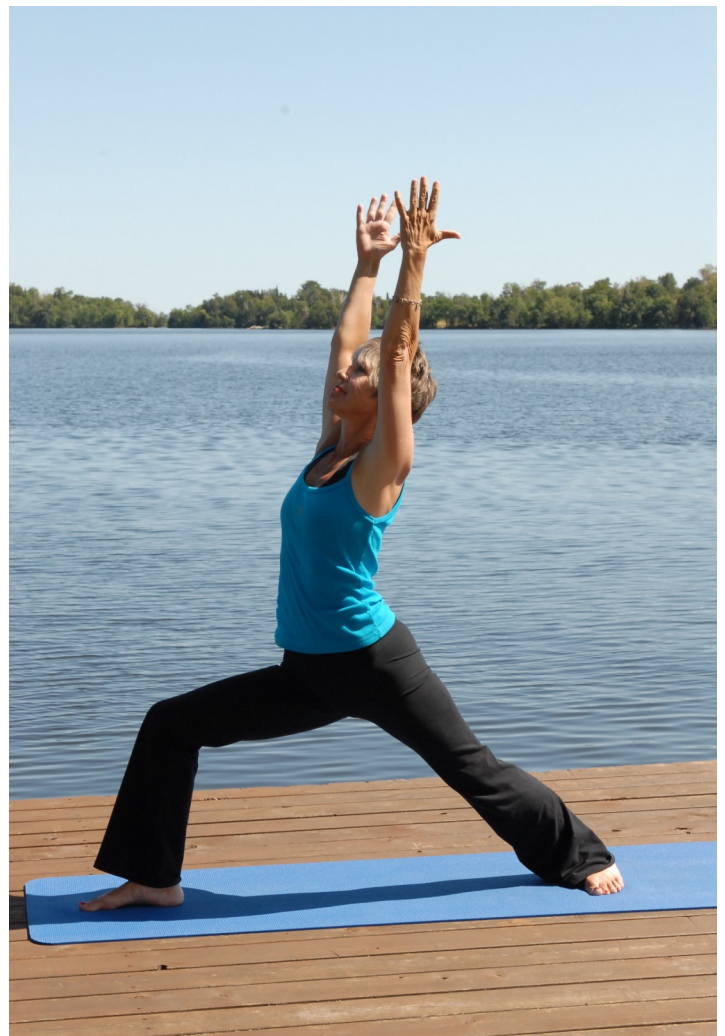
Wednesday

8:30-9:45am Mixed Level

5:45-7:00pm Mixed Level

Friday

8:30-9:45am Mixed Level



To sign up contact:

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