

Yoga SLOW FLOW

Life can be hard and Yoga can feel intimidating.

It is a lot easier to find reasons why we can't do something than it is to find the courage to say "Yes I can"

Join Cayla for a gentle beginner Hatha flow Yoga class. It will leave you feeling more aligned and in touch with yourself

This class is for the experienced and the beginner as well.



YOGA SLOW FLOW

WITH CAYLA STONE, CERTIFIED YOGA INSTRUCTOR

Sunday's at Just dance & Fitness Studio

11:30 am – 12:30 pm

\$5 per person

Bring your mat and towel

For more information about this class and Cayla, please visit our website justdance4fitness.com