

YOGA CLASSES

Now Available!

A silhouette of a person performing a yoga pose on a beach at sunset. The person is standing on the sand, with their right leg raised and bent, and their hands clasped above their head. The background is a vibrant sunset sky with orange, pink, and purple hues, and the ocean is visible in the distance. The person's reflection is visible in the water.

Slow & Gentle Yoga
Wednesdays @ 9am-10am

Yoga With Jessica
Wednesdays @ 6:30pm- 7:30pm

Aqua Yoga
Fridays @ 8:00am-9:00am

Yin Yoga
Sundays 4:00pm-5:00pm