

BASIC YOGA

WEDNESDAYS 5:30-6:30PM WITH PAM

(STARTING 4/7/21)

PERFECT FOR BEGINNER AND INTERMEDIATES!

GENTLE FLOW POSES INSTRUCTED WITH SIMPLE COMBINATIONS AND MORE INTERMEDIATE ADAPTATIONS FOR THOSE READY TO PROGRESS.



YOU MUST RESERVE YOUR SPOT BY CALLING THE FRONT DESK.

YOU MAY CALL STARTING MONDAY AT 5:30PM
(48 HOURS IN ADVANCE) FOR THAT WEDNESDAY'S CLASS.

MAX 12 OCCUPANTS!!