

Kripula Yoga

Wednesdays 12:00-1:00pm with Kim
(starting 4/7/21)

Kripula Yoga is for all levels!

Compassionate self-awareness, stretching, and relaxation. This class includes warm-ups to soothe the body, postures to release muscular tension, breathing practices to calm the nervous system, and time for rest and integration.



You must reserve your spot by calling the Front Desk.

You may call starting Monday at 12:00pm
(48 hours in advance) for that Wednesday's class.

MAX 12 OCCUPANTS!