

Men's Only Yoga

Has your work or lifestyle may be taking a toll on you?
Perhaps not enough activity has you out of shape, or
being highly physical is causing problems and pains.

Help heal your body through yoga.

You will learn the fundamental of a yoga class with an
emphasis on problems areas for men; flexibility in the
lower back, hips, thighs and shoulders.

Lead by Sarah Beckman, 200RYT



Feb 24 - 6 week session
Mondays 8:15pm - 9:15pm
\$85

Registration required.



Register online today!
Questions? Email or text us.