

Yoga means to unite the mind, body, and spirit. Yoga relieves stress and pain; improves flexibility, strength, circulation, and balance; and promotes awareness of your mind, body, spirit connection. The yoga practice is designed to help you move more comfortably and avoid injury while promoting health, wellness and healing. The poses, breathing techniques, and meditation help keep the whole body working at its best.

Bring your mat, a blanket or towel and man's tie and join us.

Experienced Yoga

Monday, Wednesday 9:30-11:45 AM Mariposa

Friday 9:30-11:45 AM Aspen

NO CLASS 12/25/19 or 1/1/20

Beginning Yoga

Monday, Wednesday 3:15-4:30 PM Mariposa

Saturday 9:00-10:15 AM Mariposa

NO CLASS 12/25/19 or 1/1/20