

Class Info

I will be teaching an All Levels flow in the yurt behind the red White Grass lodge, starting January 2022 until the end of ski season. This class promotes strength and flexibility and is perfect for anyone, from beginner to advanced, who wants to move their body. I understand that every person is different. In my class, I encourage you to flow in whatever way feels best for you. In every pose, you will be offered a softer or harder variation.

Payment

THIS IS A SLIDING SCALE OR "DONATION BASED" CLASS. I DO NOT CHARGE A SET FEE FOR MY CLASS TO INTENTIONALLY KEEP WELLNESS ACCESSIBLE TO EVERYONE, NOT JUST THOSE WHO CAN AFFORD IT. PLEASE PAY AT YOUR COMFORTABLE LEVEL.

PLEASE PRE REGISTER

Space is incredibly limited at 10 per class. Please secure your spot before showing up.