



A LITTLE TIME AWAY

We're Taking a Week to Rest & Recharge

August 2–9

The studio will be closed — we can't wait to welcome you back

Even the practice of stillness needs a season of stillness. We're stepping away for the week to rest, breathe, and return with full hearts.

See you back on the mat Monday, August 10th.

EVOLVE-Z YOGA & MORE

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