

MAY EMPLOYEE SPOTLIGHT



PAM SHUGERMAN

I have been teaching yoga for almost 20 years...I am excited to share my yoga passion and my yoga knowledge with all of you.

Beginner or more experienced- all are welcome! I have trained in a few different styles, so my class is a mixture....a Hatha style mixed with stretching and restoration of the mind and body.

I work on individual approaches so the practice becomes the best for each of you.

Come and feel the revitalization and the relaxation. Come have fun and feel good! Looking forward to meeting and sharing a yoga practice with you.