



# Our Services

## Yoga & Wellness Classes Offered:

Can be public/private yoga classes for 1:1 or small groups /corporate yoga for employee wellness/ yoga consult and assessment

All classes are accessible, trauma-informed and mentally aware.

- Breathing exercises and techniques
- Meditation
- Mindfulness & Stress Management
- Yoga 101, Yoga Alignment & Postures
- Injury and Pain Reduction
- Dynamic Strength Training, Agility, Mobility, Body Confidence
- Yoga for recovery addiction
- Yin Yoga
- FeetUp Yoga
- Nap Yoga / Yoga of Sleep, Deep Relaxation
- Recovery Yoga for Athletes
- Kids Yoga & Families
- Yoga of the Heart - for Cardiac and Cancer Patients
- Yoga for Chronic Diseases
- Yoga for Autoimmune Diseases
- Mental Health & Wellness
- Working with Grief
- Yoga for Seniors
- Chair Yoga
- Prenatal and Postnatal Yoga
- Myofascial Release
- Women's Health
- Spine Health
- Accessible Yoga
- Laughter Yoga
- Reiki
- Sound Healing

To book your  
classes please email

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