

July Workshops and Special Classes

Join one of our soon to be 300 Hour Graduates for a Free 90 minute 5 part integrated class.

Thurs July 11th 7:15pm

Yin Yoga for the Chakras and Sacred Geometry w/Robin

Wednesday July 17th 12:15pm

Grounding your Hatha Practice: Balancing the Muladhara Chakra w/Erin

Thurs July 18th 7:15pm

Ganesha: Removing Obstacles and Connecting to Divinity w/Angela

Wednesday July 24th 12:15pm

90 Minute Hatha with Yoga Nidra w/Jen

Restorative Yoga, Massage and Reiki

June 14th 6:30pm-8:30pm

w/Tricia, Melissa and Reiki Practitioners

