



Yoga for Cyclists

Heather Fraunberger

E-RYT, RYT-300, Ayurvedic Yoga Specialist

Alignment based Hatha Yoga

Learn Yoga sequencing designed specifically for the cyclist! Heather Fraunberger will guide you through precise, aligned, poses that address the needs of the cyclist. Alignment based Yoga helps prevent injury, and builds strength & flexibility. Great for off season training, or to supplement current biking activities.

Available In workshops and weekly class sessions.

Heather can come to your location or In studio @

(Be Here Now Yoga)

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