

Specialty Classes:

- Senior Yoga - Aging Gracefully:
Providing restorative yoga classes at various senior centers, Retirement homes, and communities.
- Yogilates: Combination of Yoga and Pilates – a well-rounded strength training
- Yoga Dance: Cardio-Dance
- Cardio/Strength: A combination of heart strengthening and weight training.
- Private Yoga therapy sessions are also available
- Pilates: Core Strength