MINDZBODY PRESENTS: COMPASSIONATE YOGA FOR ALL AGES AND FOR ALL CONDITIONS



MYYOGA

Small Group Yoga Class

Every Thursday from 5:30 pm - 6:30 pm 2F Sunspot Natural Market

Explore Ways to Move with Ease through Therapeutic Way of Doing Yoga, Your Way

Ideal for people new to yoga or want to re-examine your current yoga practice

Cost: \$80 for 4 sessions or \$25 for drop-in when space is available

https://mindZbody.com

