



NEW CLASS THIS MAY!

POWER YOGA

Saturdays 12PM Studio A

Power yoga is a faster - paced, fitness based vinyasa-style practice designed to build strength, endurance, and flexibility thru continuous, breath synchronized movements.. Movements are more intense and faster compare to other slower styles. Power yoga emphasizes the flow from one pose to the next, exhaling during change of positions. This practice promotes physical power and mental clarity, focusing on smooth flow, core strength, and balancing poses.



First Class
May 2nd 12pm