

Restore & Relax Yoga

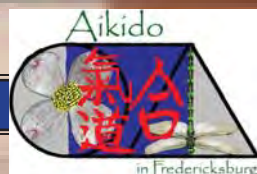
Relaxed, supported, movements and postures release blocked energy and refresh both mind and body.



- Improves flexibility and stimulates blood flow
- Enhances relaxation and balance
- Blends breathing exercises and traditional poses
- Perfect for beginners and experienced practitioners alike

Wednesdays 7PM - 8:15PM • 3-Month Session: \$129
Discounts for Aikido members and families
Ongoing classes. Drop-ins welcome!

Call to
Schedule a
Free Trial
Class!



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