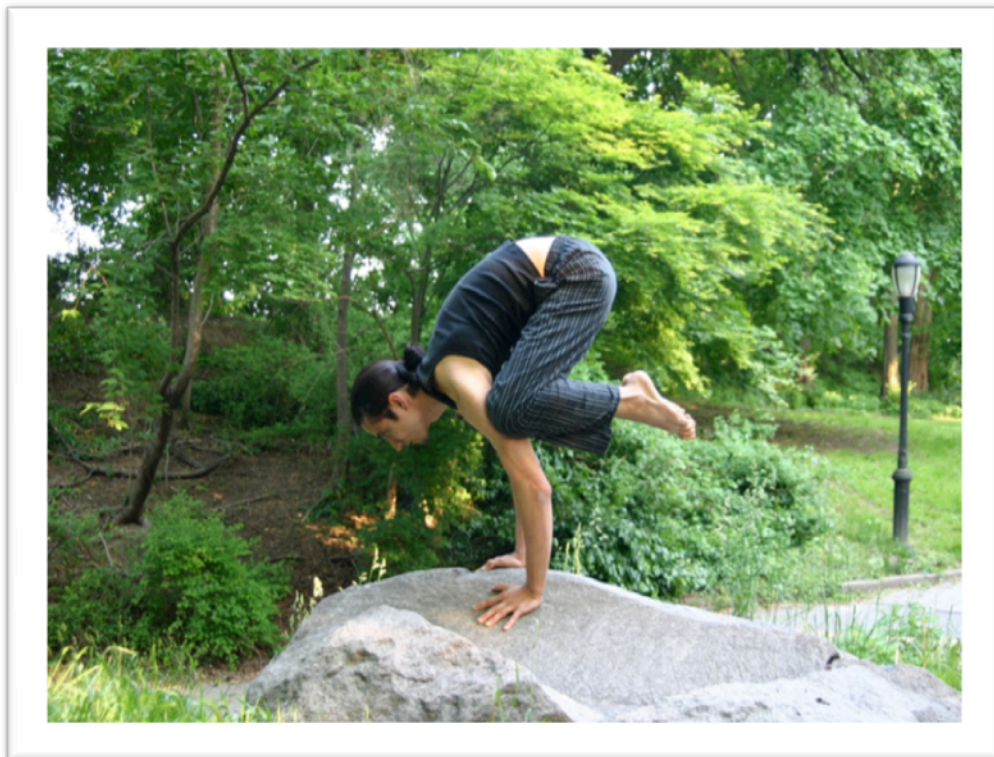


Beginner Group Yoga Series



Come join Ruben for this two week six session beginner series program. Learn the basics, discover the power of breathing, and open your body into physical freedom and health so you can enjoy life without physical pain. Yoga is an ancient body/mind practice that would help you explore your body and release stress while strengthening and toning your muscles. This workshop is fun yet challenging and will change your body and mind.

Group Sessions are 1 hour. Please arrive 10 min before session.

Sign Up Required

Package of 6 - \$150

24 hr cancellation

Info call 201-233-8827