

6 Week Balanced Yoga Flow Series at



With Martina Kruger

Wednesday October 14th - November 18th

2020 7-8pm \$120 (pre-registration required by Oct. 7th)

(this class will run with a minimum of 8 people)



Do you need something in between a hot yoga class and a restorative yoga class? In this 6 week series we will start and end with relaxation, a great way to prepare our bodies and minds for the work ahead. As we start to explore the depth of our breath we will dive into poses that will build strength, endurance, and flexibility. We will seek ways to connect deeply to ourselves in a way that is both simple and satisfying. Let's practise together as we get playful and creative in exploring what our amazing bodies can do in this balanced flow yoga class.