

Not flexible?



Not a problem!

Being inflexible is extremely common, and it does NOT mean you can't do yoga! Finally a yoga class just for you...

No pre-registration necessary. Just show up in clothes that are comfortable for moving! Your first class at the studio is free.

Yoga for Inflexible Bodies

This is a class for inflexible people who would like to move with more ease but have avoided yoga because of the belief that it isn't for them.

Whether you are inflexible because of an old injury or an occupation that requires long hours of sitting at a computer; if you have struggled with resistance to exercise or plain old aging... Come learn yoga in a safe and supportive environment where everyone around you has some limitations as well. No pretzels in this class! ...Only flexible minds and real bodies.

Sundays 4:00- 5:15
Starts Oct. 16th
Taught by Chelsea Doohan

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