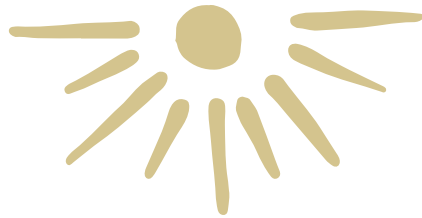


VINYASA YOGA



Join Nicole, a 200HR Certified Instructor

TUESDAYS | 5:30-6:30PM | @ AGC

\$12/CLASS OR \$60 FOR 6 CLASSES

SLIDING SCALE AVAILABLE

CASH OR CHECK

A practice linking breath and movement - learn and build upon yoga basics, safely exploring variations. All levels are welcome to deepen strength and mobility, to practice self-dedication, and to be in community.

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