

Vinyasa Yoga



*Gain Strength and Flexibility relieve Stress and
Detoxify your body with Vinyasa Yoga*

*Vinyasa is a flowing style of yoga that links breath
to movement. One flows in and out of the postures
in a choreographed way.*

Vinyasa Class

Mon - Fri 9-10am

Vinyasa/Power Yoga

Tue, Thu and Fri 6-7pm

Sat and Sun 5-6pm

First

Class

Free

Classes start on Dec 5th

Join us at 4250 Dow Road unit 303

James Lockwood

(321) 614-4358