

Yoga 9:30-10:30AM
Beekman Rec
31 Recreation Dr
Hopewell NY

This class will be an alignment class...good for a total beginner or helpful for an advanced student deepening their poses. I will offer several modifications and props so the beginner will get the basics and the advanced student will be able to fine tune and deepen their practice. Everyone will get something from each class and each week will be different. This series will help you stretch and strengthen your body at the same time. The idea is to alleviate stress and tension so the body and mind can be more relaxed and respond better when tension arises. If you have been dealing with chronic aches, pains or injuries yoga might be the answer, come try a class and see if we can work together to provide some relief.

This class is for all levels of students.

You can pre-register by call, text or email if you'd like or just drop in.

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