

Yoga

This session is designed for all levels!!!

From beginners to advanced practitioners, to create a balance between mind, body, and spirit.

Combining breath control, meditation, and physical postures will enhance your flexibility, strength, and inner peace.
(45mins)

Revision #1

Created 2026-05-07 13:31:49 UTC by Joshua Tarver

Updated 2026-05-07 13:38:24 UTC by Joshua Tarver