your body is your temple

Additional information about yoga studio, classes offered, breathing techniques, levels of yoga taught and more.

REGISTRATION IS OPEN!

Registration for hot yoga, prenatal yoga, and yoga essentials is going on now. Please refer to studio for more information.
Cannot be combined with any other offer. Valid at participating locations only.
Expires: 00/00/00

BREATHING | REGULATE THE BODY'S ENERGY
RELAXATION | REDUCE AND ELIMINATE STRESS

MEDITATION | CALM AND CENTER THE MIND
ENERGIZE | RELAX AND TONE THE MUSCLES

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