



Yoga *for* Humans



Our individual Yoga Classes are Made for You!

These yoga classes are designed to mobilize self-empowerment, creative thinking, and meaning making for life. Through concepts of change, connection, heart, flexibility, and freedom we can explore the world of human possibility. Each class consists of life discussion, mindful movements, breathing techniques and meditation. The goal of the these classes is to develop a long term and sustainable practice. If you feel like somethings missing, you lost something, or things aren't quite right, we have Yoga for Humans and we would love to spend some time with you.

At Home Visits and in Studio

- **Physical Benefits**
 - Strength, Flexibility and Balance
 - Increased Energy
 - Increased Sense of Relaxation
 - Breathing Capacity
- **Mental Benefits**
 - Improved Focus
 - Deeper Intentions
 - Improved Mood Management
 - Mental Flexibility

Learn More and Schedule a Session Today!