

Yoga with Chrissy Lakjer

Class Description: Yoga is designed for those who have a desire for more flexibility, balance & muscular endurance. All of the poses are performed either seated or standing (for those who do not wish to stand, modifications will be offered for chair poses). Yoga offers poses to improve range of motion, core strength & stress reduction. This class will be approximately 30 minutes. Any questions, please contact Chrissy.

March, 2018