

YOGA at Cypresswood is for every BODY

You are invited to enjoy the experience of yoga. Come stretch, bend, energize and relax with us. We provide the safe, comfortable space. You provide yourself.

Feeling stressed? There's a yoga pose for that. Need more energy? There's a yoga solution for that. Want to be more flexible, stronger, have more stamina? There's a yoga routine for that. Learn how to adapt yoga to your unique body type. Fine tune a yoga practice you can integrate it into your daily activities.

Join us Wednesday Nights
\$24 for one Month (4 consecutive classes)
Drop In: \$8 per class
4:30 – 5:30 p.m. Yoga from the Chair
6:00 – 7:00 p.m. Yoga from the Mat

2018 December 5, 12, 19, 26
2019 January 9, 16, 23, 30
2019 February 6, 13, 20, 27
2019 March 6, 13, 20, 27

Getting started is simple:

For more information contact
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Gloria Gwendolyn Garrett is an Ayurveda Health Consultant, a Certified Structural Yoga Therapist and Registered Yoga Teacher

Looking for a unique holiday gift? Yoga Classes at Cypresswood. Gift Certificates are available.

