

with molly dahl

GENTLE YOGA

Suitable for all levels. This gentle class is alignment-oriented with an emphasis on listening on the inside to become your own best teacher. We work on opening the major joints in the body, getting the energy flowing smoothly, creating both flexibility and strength, and cultivating a little bit of balance.

This is truly a “yoga” class, in the sense of yoga meaning union; we unite the all of the principles of physicality with a deep inner stillness so you can hear and respond to the needs of the many layers of the self.



Tuesdays

Noon - 1:30 pm

**\$20 weekly drop-in or
\$175 for 10-class pass**



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Questions? email Molly dahlingmolly@gmail.com