

Gentle Yoga with Molly

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 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.