

Yoga + core focus



**Wednesday May 10 - @ 4pm
(7 classes)**

This classic Yoga class will build stamina and strength as you move through poses with focus and intent. A "core" segment will be included to power up the abdominal and back muscles, improving alignment and posture. Modifications will be provided. This class is suitable for all levels. You will need a mat, towel/blanket, water and two Yoga blocks.

**Class pass for 6 + classes \$11 as class (\$66+)
Attend any class on your schedule. Classes
expire in this session.**

Drop-in \$12 a class

**Register: Michelle Doyle -
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