



Join Us in Practicing Mindfulness and Gaining Clarity

POWER SCULPT

A Health Improvement Yoga Video

- Power Sculpt is a yoga & HIIT fusion class. We add weights, cardio bursts, and dynamic exercises into our vinyasa flow to tone the entire body
- Think lunges, shoulder presses, squats, & more. We set the flow to a high energy playlist
- Come to class prepared to sweat, get your heart rate up, release endorphins, and grow stronger from the inside out

[CLICK HERE TO WATCH](#)



MASSACHUSETTS

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