



Join Us in Practicing Mindfulness and Gaining Clarity

VINYASA

A Health Improvement Yoga Video

- Vinyasa is a flow-based class accessible to all levels of experience. You will be guided through a flow from pose to pose, linking breath to movement
- Develop tools to be present on your mat and in your life. Being present connects you to your power
- Empower the whole being - body, mind, heart, and spirit

[CLICK HERE TO WATCH](#)



MASSACHUSETTS

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