



Mid-Week, Mid-Morning Yoga with Maura Hintlian at The Yoga Loft

8 Week Session- \$90
starting May 6th- June 24th
Wednesday 9:30-10:45 a.m. Yoga- All Levels

During this all levels yoga class we will practice a variety of seated, standing and balancing poses with a number of modifications offered to make the practice accessible for all levels. We will work with connecting breath with movement and monitoring the response within.

