

NEW CLASS

beginning in September

Patterns: Body & Breath

Saturday, 9.30-10.45 am



with Bill

The body has its own intelligence; so too does the breath. Tapping into both of these we will work with familiar poses looking for a greater ease in our yoga practice. Suitable for anyone with some yoga experience and an interest in exploration.

the yoga project

1229 SE Nehalem St.
behind Grand Central Bakery

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