



Yoga with Lynn

GROUP CLASS AT DALTON RANCH

MONDAYS 11 AM ~ 12 PM

\$10.00- MEMBERS ~ \$12.00 NON-MEMBERS

CONTACT

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LYNN HAS A PASSION FOR YOGA AND HAS BEEN TEACHING FOR 20 YEARS. HER GENTLE HATHA CLASS INCORPORATES PRANAYAMA BREATHING, SUN SALUTATIONS WITH STANDING AND BALANCE POSES AND HIP AND SHOULDER OPENERS. ALL LEVELS ARE WELCOME. THE GORGEOUS VIEWS OF THE ANIMAS VALLEY LENDS ITSELF TO A PEACEFUL SETTING TO 'LET JOY RISE'.

