



GROUP CLASSES AT DALTON RANCH



Coach contacts for sign
ups or questions:

Please contact **Lynn** @ (310)880-7290 or
email her at lynnmgriffith@gmail.com

Please contact **Angela** @ (970)749-7590

Please contact **Clayton** @ (970) 946-6996

Drop-ins are also welcome!

YOGA

with Lynn



I've been practicing yoga for many years now and teaching yoga brings me such joy. I enjoy imparting my knowledge to other people so they too can experience the many benefits of yoga

Mondays
11:00am-
12:00pm

A little about me:

Lynn moved here from Los Angeles 7 years ago with her husband and 2 Australian Shepherds. Her background was in advertising, and after closing her agency in 2007, she got her Yoga certification from YogaWorks/LA working under Annie Carpenter and several other well-known instructors. Once certificated, Lynn taught private lessons, taught at corporations, Children's Hospital/LA, and schools. Here in Durango, Lynn has an active teaching schedule and conducts private lessons.

MAT PILATES CLASS

with Angela

A little about myself:

I became a Yoga teacher in 2004 and a few years later I took my first Mat Pilates class and loved how it compliments my yoga practice and other sports activities. In 2008, I completed my Mat Pilates training and in 2010 I became Pilates Reformer certified.

For the past 18 years I taught private & group classes, led retreats, and organized corporate events in Germany and Asia. We moved to Durango in December 2018 and fell in love with this special place, the people, and the community.



Please come and join me on
the mat!

Beginners are welcome!

Tuesdays and
Thursdays
9:00am - 10:00am



STRETCHING CLASS

with Clayton Hull

Come take a guided class and
improve your flexibility and
range of motion with Coach
Clayton!

Fridays from 10:00am to 11:00am