

HathaGo Online Yoga Class

Monday at 5.30pm is 'you time.'

Something to look forward to...

MONDAYS 5.30PM-6.30PM ON ZOOM

This class is called Yin and Tonic because the 'tonic' is an addition to the yin-style stretches and breathing techniques. A perfect partner to Strong Saturday- stretch those hard worked muscles and take a gentle approach to your Monday evening. One hour of beautiful relaxation. 🧘