



Yoga Fitness Fusion

ALL LEVELS WELCOME!

LIVE Yoga Fitness Fusion / In your Living Room or TV Room

A blend of yoga and strength-building exercises that work the entire body. Each class begins with mindful breathing, followed by core work and strengthening exercises using your own body weight. Then connect breath to movement, build endurance, improve posture, and enhance flexibility through traditional yoga postures and vinyasa flow.

Class ends with restorative stretches and savasana. 1 hour Class
Free Zoom account required. Payment/donation of any amount made with Venmo to @Tara-Scheller or pay \$15 online.

Classes on Wednesday & Friday 8-9am.

Join both days for a full body experience...

Wednesday: mindful breathing, core strengthening, *upper body* exercises, yoga postures, & flow, restorative stretches & relaxation.

Friday: mindful breathing, core strengthening, *lower body* exercises, yoga postures & flow, restorative stretches & relaxation.

No weights needed... just your own body weight and for fun we add paper plates as sliders on carpet or socks on floors.

Register online or email me (Tara) for more information

<https://rivertownssupyoga.com/sign-up>

tara@rivertownssupyoga.com

Program provided by:



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