

About Yoga at Yoga for All Ages

Yoga with Yoga for All Ages will be a welcoming and relaxing experience. You will be given options for the different poses and encouraged to "do your yoga" each class. In most yoga classes, we have a wide variety of abilities and goals of each student. Some want to get stronger. Some want to feel less stress and untangle the body. Some want to become more flexible. As your teacher, I will encourage you to be your own guide and take each day and each class as a blank sheet. Yoga can be a great work out, and you can drip sweat or it can be a restorative practice that allows you to handle other stresses in your life with more grace.

I can talk with you to see what your goals are and help you find the best class for you at Yoga for All Ages or at another studio in the surrounding area. There is yoga for you at every level of conditioning. We work with infants through seniors and especially enjoy working with families. As you practice yoga, your breathing will improve on and off the mat; you will become stronger & more flexible and likely see changes in your emotional as well as physical self! Hooray!