

Svaroopaa Yoga



Treat yourself to something new
while Rose is on vacation!

**Thursdays 10:30am
June 18 – July 30**

Svaroopaa Yoga is a healing style of yoga that allows your joints to open, your muscles to relax, and your mind to de-stress.

In each class, your body will be supported in passive poses that carefully and gradually release the deepest layers of tension in the body.

Class led by Doreen Kleinschmidt

Doreen has been leading classes in stress release techniques, yoga therapy and bodywork since 1990. She teaches with a holistic and compassionate approach that enables her students to find relief from deep-seated tension that gets trapped inside the body.

No previous yoga experience is required.