1 Body Yoga

Tuesday at 10:30-11:30AM

with Cheri Pollack, RYT

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1 Body Yoga — Cheri invites you to take time each week to celebrate all that is YOU! Join the fun as we celebrate our imperfectly perfect selves. Her weekly class will inspire you to grow through breath and bodywork. Cheri invites you to move at your own pace and listen to the wisdom of your body. This class is for all ages and stages of life. 1 Body Yoga! is designed to help students learn to better trust themselves and deepen their understanding of body and spirit.

Show up for yourself and discover what is possible.

Connect with Cheri at: *functionalfunk@gmail.com*