

Do-It-Yourself

YOGA

Crafting a Personal Yoga Practice

with Flissy Saucier, RYT 200

Are you interested in taking your yoga to the next level?

Learn how to accelerate your flexibility, strength, and stamina by supplementing your classes and training with a home yoga practice!

We'll do a basic, well-rounded asana practice you can use at home, followed by question & answer time to help you achieve your personal goals!

Handouts will be provided.

Saturday, April 24th

1:15 pm – 3:15 pm

\$25



Register at Member Activities

For more information, email flissy.saucier@gmail.com

LIFETIME
FITNESS

® Flissy is an RYT 200 certified Yoga instructor. Key elements she emphasizes in class are maintaining optimum alignment as a way to enhance the yoga practice and bringing an optimistic attitude and sense of joy to the mat. She strives to provide personalized adjustments and one-on-one attention to every student.