

Yoga For Beginners

Learn breathing techniques and poses through the practice of Hatha Yoga. Yoga for Beginners is ideal for students who are beginners and skill level 1. Hatha Yoga stretches your body, quiets your mind and refreshes your spirit. Yoga may improve flexibility, balance and de-stress the mind.

This program may be used only once per TAP member site.

Program Type [Series](#)

Time 4 Sessions, 1 hour

Audience Size 20 max

Language English

Audience All Audiences

Season All Year

Topic Wellness

Region Statewide

Program Contact

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