



POP-UP Classes

Somatic Movement

Two Thursdays ONLY!

7:15 - 8:30 PM

February 7th & March 14th

Release tension, reduce stress and heal injuries through slow, mindful movement and breath work. The entire class is on the floor. Appropriate for all levels.



Jennifer Spaziano has been teaching yoga for 10 years. Anticipate a practice grounded in anatomical precision, practical yogic philosophy and inspiring self-inquiry.

Jenifer will be teaching Warm Room Deep Flow at 5 pm both days, so consider taking both classes for a retreat-like experience!

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