

Gentle Yoga- Yoga for Everybody

This class is an all-inclusive safe environment for any level. This class will revitalize, strengthen, and tone your body and mind with benefits to your balance, concentration, and sleep. Gentle yoga offers adapted options for people with stiff bodies, injuries and/or active and strong bodies, with a mindful, breath and alignment-based approach. Props are provided to assist you wherever you are in your practice. For more information visit: [Christine Moore Shimmy Yogini - Home](#)