

Sadhana Ayurveda & Yoga
Goddess Yoga Classes

Celebrate your experience as a woman!

Honor Yourself and your Body with practices designed to nourish the Goddess within. Allow nature to inform your intentions and daily movement through life, creating an effortless flow that is vibrant and alive. Align with your full potential as a true and exquisite woman.

Shakti Class~ for women of menses age
Tuesdays 5:30, August 16~October 4

Wisdom Class~for women beyond the menses season
Thursdays 5:30, August 18~October 6

\$70 dedication for the 8 week series if
registered/paid by

August 12 (\$80 thereafter)

Sliding scale available ~ Please rsvp to reserve your space
sadhanayogahh@gmail.com

Integrative Therapies 2316 State Road