

# Power Yoga



## Registered Specialty Program



Join us for a powerful, energetic practice of yoga that incorporates strength, flexibility, balance and mind-body stamina.

- ▶ Access is limited to 10 people. Expect a more interactive and personalized class environment
- ▶ Yoga experience recommended

When: Tuesdays, Apr 20- May 11, 2021

Time: 12:10-12:55pm

Where: on Zoom

Instructor: Lori Crandall

Investment: \$40 Early bird (sign up by Apr 12) \$50 Regular

Min 8 registrants required

Questions? Contact  
[virtual\\_group\\_fitness@curtishealth.com](mailto:virtual_group_fitness@curtishealth.com)

## [Sign Up Here](#)