

Bluff Country Yoga

Therapeutic YOGA

with Michele Hoffman, Certified ViniYoga Teacher

Experience Yoga in a gentle, compassionate environment. Learn Yoga postures and breathing techniques to keep your body healthy, flexible and strong, reduce joint pain, improve balance and increase your energy and well-being. Students will receive individualized attention to adapt the Yoga postures to meet their special needs and abilities. Michele has been teaching Yoga for ten years. She has a special interest in working with seniors and people living with chronic health conditions to adapt the tools of Yoga to improve the quality of their lives. She is now offering two therapeutic Yoga classes in Hastings:

Monday: 9:30 - 10:45 am Hastings Senior Center, 213 Ramsey Street

Wednesday: 9:00 - 10:15 am Caring Hands Massage & Spa, 115 East 5th Street

Classes Begin the week of September 10th

For more info call 651-385-7647 or e-mail bluffcountryyoga@redwing.net