



NEW!!

# *Hot Room YOGA*

## Hot Room Yoga ~ (In the style of Bikram)

This style of yoga is hot, hot, hot, so be prepared to sweat, sweat, sweat. In class we crank the thermostat up high then perform a series of 26 asanas designed to "scientifically" warm and stretch muscles, ligaments and tendons.

**Hot room Yoga is the Third Saturday of each month  
with Ian.**

*4:00p - 5:15p*