



July	August
July 5-- Yin with Jen	August 2-- Yin with Jen
July 12-- Hatha with Reba	August 9-- Vinyasa with Bry
July 19-- Waxing Crescent Moon Flow with Becky	August 16-- Soak it in and Savor Summer Flow with Becky
July 26-- Find Your Strength, It's Already There Flow with Bry	August 23-- Hatha with Reba

Jen	Reba	Becky	Bry
Jen's journey to yoga began through movement; however, over time, her practice has deepened into mindfulness. Inspired to share her experience with others, she pursued her 200 hour teaching certification through Frog Pond. Jen's Yin class is a restorative practice using props and bolsters with longer holds to allow the stress to melt away.	Reba began her yoga journey 5 years ago. Initially intrigued by the physical benefits, she discovered in her very first class how yoga brings the practitioner into connection with the universe. She earned her 200 hour certificate through Frog Pond and was recently accepted into the 300 hour program through Revolution.	Becky completed her 200-hour yoga teacher training through Breathe for Change in Fall 2020, a program for educators to bring mindfulness to their communities. Her classes are a feel-good blend of vinyasa flow with a little power mixed in. She thoughtfully weaves a theme into each class, leaving students feeling refreshed, grounded, and connected.	Bryanna is committed to cultivating a safe space for all practitioners. Props will be incorporated to support students as they explore their relationship with their asana practice and with themselves. Bryanna recently received her 200 hour certificate and is already interested in pursuing her 300 hour certificate.