

## ABOUT US AND OUR CLASSES...

*Yoga teaches us to cure what need not be endured  
and endure what cannot be cured.*

*—B.K.S. Iyengar—*

We know firsthand the value of yielding to the flow of our most challenging life experiences. We truly value inner processing and holistic well-being over performance and achievement. Our weekly classes are designed with this in mind.

We work with a wide variety of people and consider any challenges individuals may be facing. We provide specialized classes with personal attention and appropriate modifications — whether it is Yoga, Core Strength, Meditation, Qigong, or T'ai Chi.

Our SkyBlue Studio is also a sacred space for an experience beyond the physical to occur. We infuse the “prana” into Yoga, the “chi” into T'ai Chi and the experience of connection often missing in class settings. For us, it is important that we embody the true essence of each discipline.

We enjoy sharing our training, knowledge, and experience with you. We invite you to join us and experience the wonderful impact these classes have on your well-being.

