



RISE WELLNESS

Class Recommendations

Classes for Beginners & Gentle Practice

- Gentle Yoga
- Restorative Yoga
- Qigong
- Yin Yoga
- Yoga for Balance & Bone Strength
- Meditation

Classes for Illness & Injury

- Gentle Yoga
- Therapeutic Yoga
- Restorative Yoga
- Qigong
- Yoga for Balance & Bone Strength
- Yoga for Flexibility
- Private Yoga Therapy (Call for consultation)

Classes for Stress Relief & Relaxation

- Restorative Yoga
- Gentle Yoga
- Meditation

Classes for an Ongoing & Wellness Practice

- Hatha Yoga Classes
- Kundalini Yoga
- Yin Yang Yoga
- Yin Yoga
- Qigong
- Daily Meditation