

COMMUNITY YOGA SESSIONS

Kupuna Yoga: Wednesdays, 11am-12noon - donation

Restorative movement, focusing on posture, breath and relaxation

Inner Landscape Yoga: Wednesdays, 5-6:30pm donation

Fluid sequences, to cultivate balance, flexibility and awareness

Discover your inner strength, wisdom and joy

*Classes in Kipahulu
& Private Sessions Available
Call to Schedule*

*Beginners
Welcome!*

Wednesdays
at
Ala Kukui
4224 Hana
Highway

Erin Lindbergh, C.Y.T.

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