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Improving the health of individuals, families, groups and the community

WHAT OUR STUDENTS SAY ABOUT OUR CLASSES:

- I very much appreciate the way the instructor adapts the class to meet the student's needs.
- I like the peacefulness and the physical benefits – increased mobility.
- I really liked how much the instructor worked to help with the proper positioning of all of the poses, also working with every individual to suit their personal needs and comfort.
- I liked the RN (registered nurse) perspective of the poses.
- I like how it makes me feel. It gives me peace and it also strengthens and makes me more flexible.
- I liked the community offered and the sharing of fellowship during the class.
- I felt a sense of spiritual belonging and I know it was due to the instructor's ability to project that loving Christian kindness to all partaking in the class.
- In this class, there was a gentle ebb and flow between the two instructors, and I felt a peaceful and tranquil fellowship with the others joined there.
- Compared to other classes, this one tops all the rest.
- Compared to other classes, this one was more gentle and therapeutic – less competitive.
- This class felt focused, helpful and safe.
- Compared to other classes this one was more useful in developing a starting foundation of a good yoga practice.
- Compared to other yoga classes, this one was much calmer, gentler and more loving.
- Compared to other yoga classes, the movement was slower with more attention to details and anatomy.
- Compared to other classes, this one was much more helpful in motivating me to begin a home practice.