

Specialty classes with Fran Ubertini

\$20 drop in only, 1.5 hr

In addition to asana, classes *may* include breathing techniques (pranayama), sound or chanting and meditation.

These classes are designed for students with experience who would like to deepen their practice and will be taught by Fran and not covered or subbed in her absence.

Mondays 9:30 am, starts Jan 25th

Saturdays 10:30 am, starts Jan 30th

Saturdays 12:00 noon, Yoga Sutras, starts Jan 30th

Sundays 11:00 am, starts Jan 24th

Email or call studio for verification that Fran is not travelling