



CURVY YOGA

At Core Wisdom

Mondays at 5:15pm
Begins January 2nd

1800 30th Street
Suite 216
Boulder, Colorado
303.507.5934
corewisdom.org

Curvy Yoga Class

Curvy Yoga Class provides a safe space for curvy people to practice yoga. This class is excellent for beginners as well as people with mobility limitations and/or injuries.

In Curvy Yoga Class you can expect warm smiles, no judgement,

options for practicing while seated or standing and modifications specifically for your individual needs.

You will also be given a safe place in which to explore your body from the inside and out. This class will provide a quite space for introspection and reflection. Giving

you a time to pause and enjoy the gift of movement and breath.

Please call or email to sign up for class. 10 Class Pass \$140. Single class \$18.