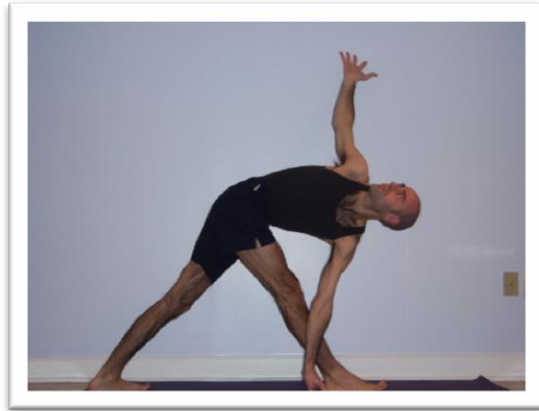


Have you met our NEW

BEYOGA teachers? TRADITIONAL & HOT YOGA



Krishna Damien

With over 15 years of experience teaching, Krishna brings an intuitive approach to guide his classes. It's an eclectic blend of yoga styles designed specifically for the students in the room. He incorporates pranayama and philosophy with the asana. Come and meet him at his **Saturday class 8am**

Lauren Kimble Adams (on the left)

Lauren just completed her teacher training with BEYOGA. She's been practicing yoga for over 10 years and is personal witness to the transformation yoga has for physical healing. Lauren is a beautiful spirit who brings fun playlists to the practice, a structure to the asana and a desire for her students to just feel good within themselves. Lauren will be teaching **Tuesday 9:30am**



Arjuna Matt

The spiritual practice came first for Matt, the asana later. He is a gifted instructor who guides playful sequences while incorporating sutra teachings into the practice. Come and flow with this easygoing spirit who loves to serve **Saturday 9:30am**

