

YOGA

ALL LEVELS

WITH JENNY GUZON-BAE

MOVE | BREATHE | CONNECT



SUNDAYS

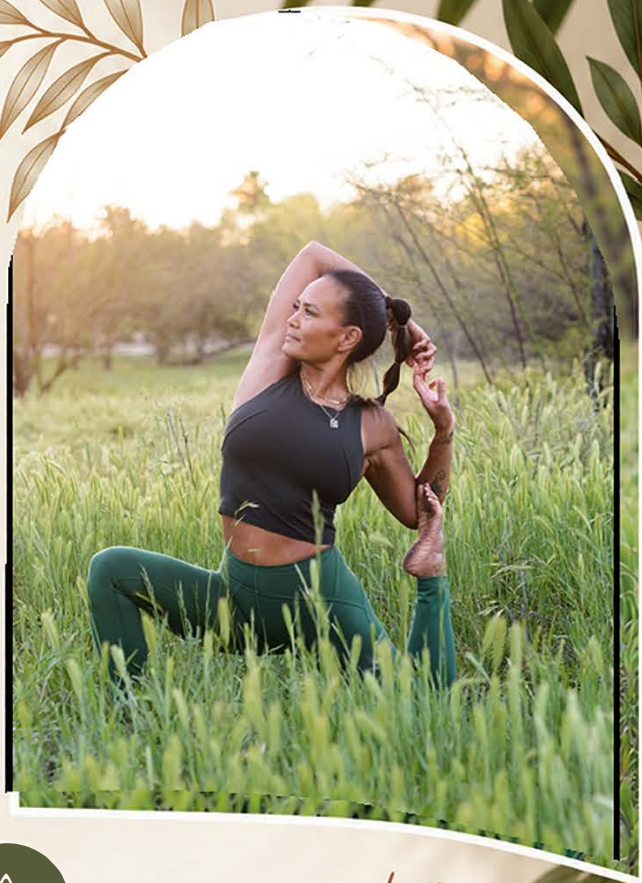
10:00 AM – 11:15 AM

\$10

PER CLASS



**NORTH STAR
ACADEMY OF DANCE TOO**



Jenny teaches a creatively-sequenced vinyasa flow that incorporates elements of functional movement to challenge the body, along with facets of yoga philosophy to challenge the mind.

Her classes honor traditional yoga asanas while focusing less on strict alignment and more on anatomical movements so that postures can be more accessible or better understood.

Yoga is more than just a stretch or flexibility practice — it's also a powerful way to build strength. No weights are involved, just your mat and maybe a block or strap.

Every class is different, with a unique physical focus and inspirational focus. **Jenny's goal** is for students to leave feeling **uplifted, inspired, light, and strong** — in mind and body — so they can weave that into their daily lives.



STRENGTH



MOBILITY



MINDFULNESS



COMMUNITY

*All Bodies
All Levels
Always Welcome* ♥



MOVEMENT | PHILOSOPHY | STRENGTH | INSPIRATION