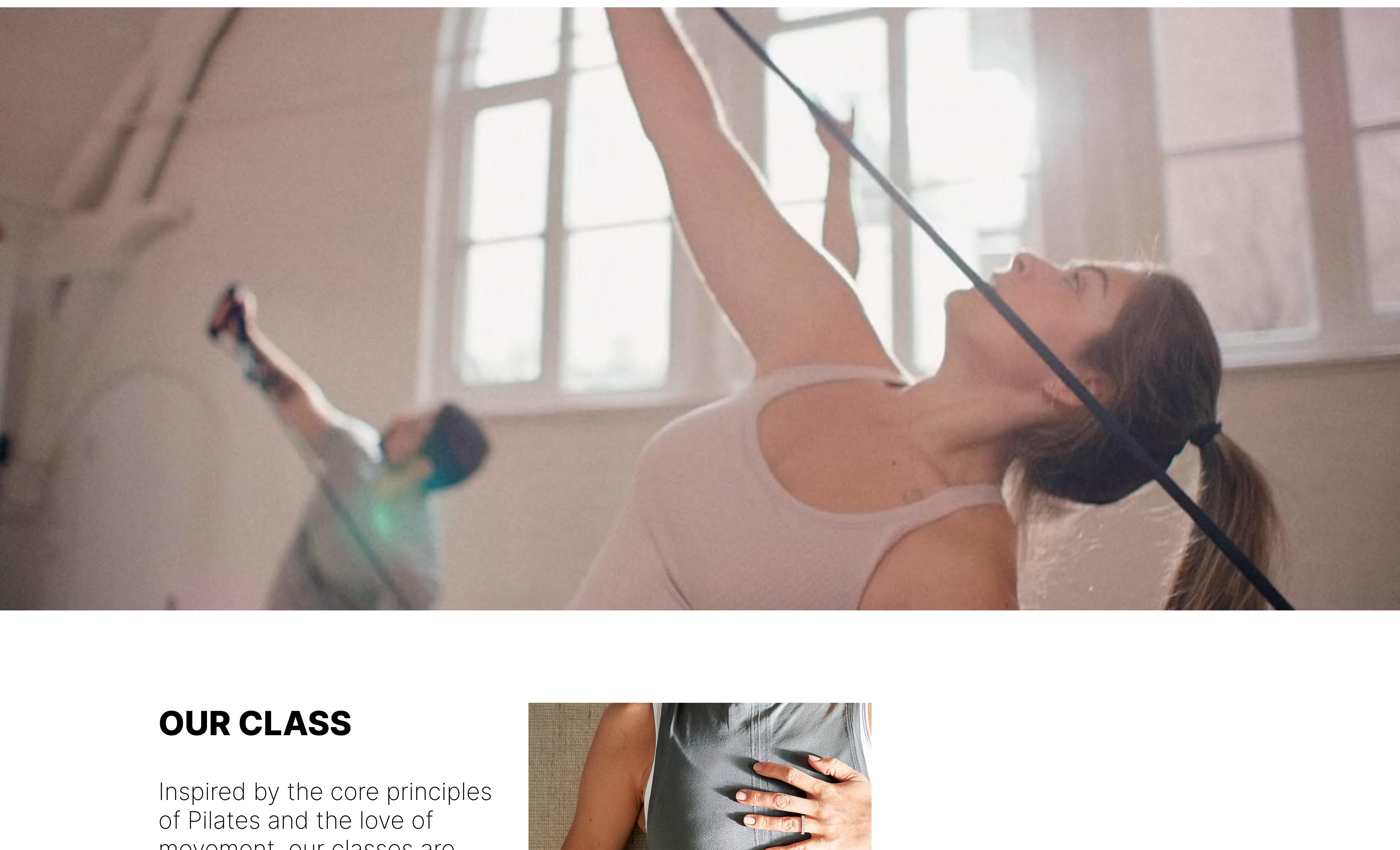


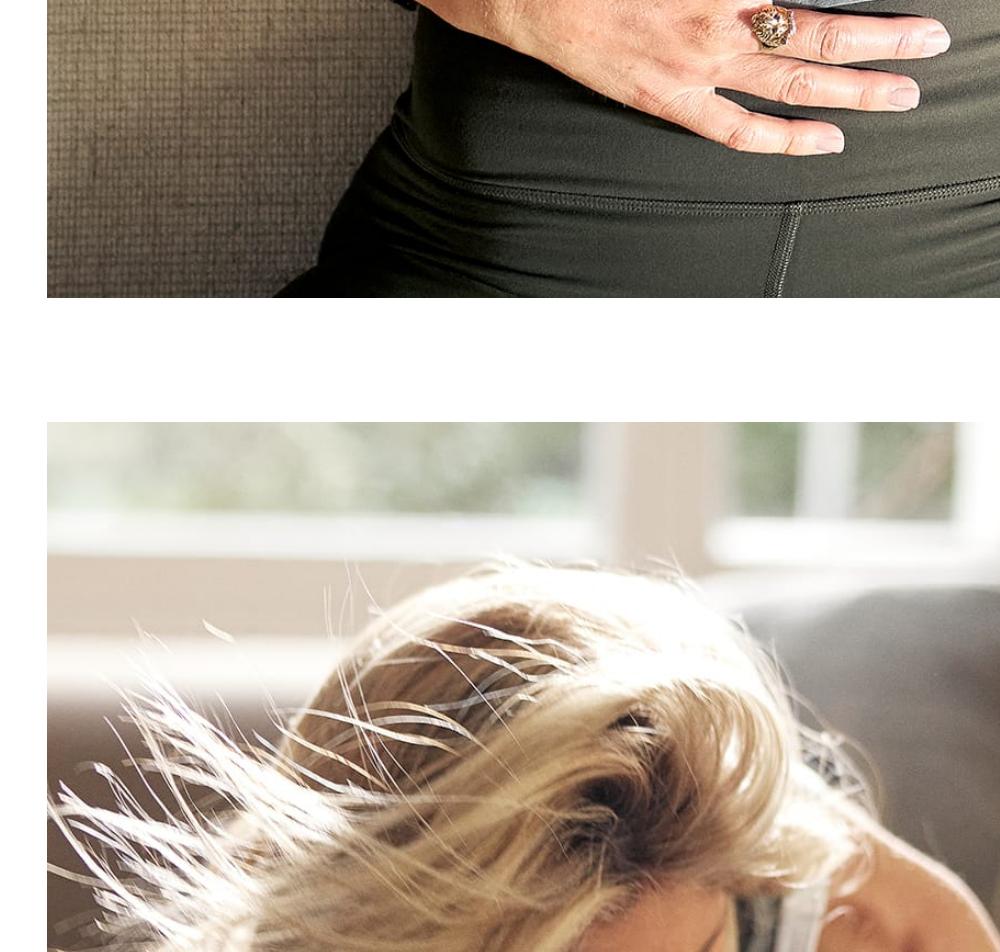
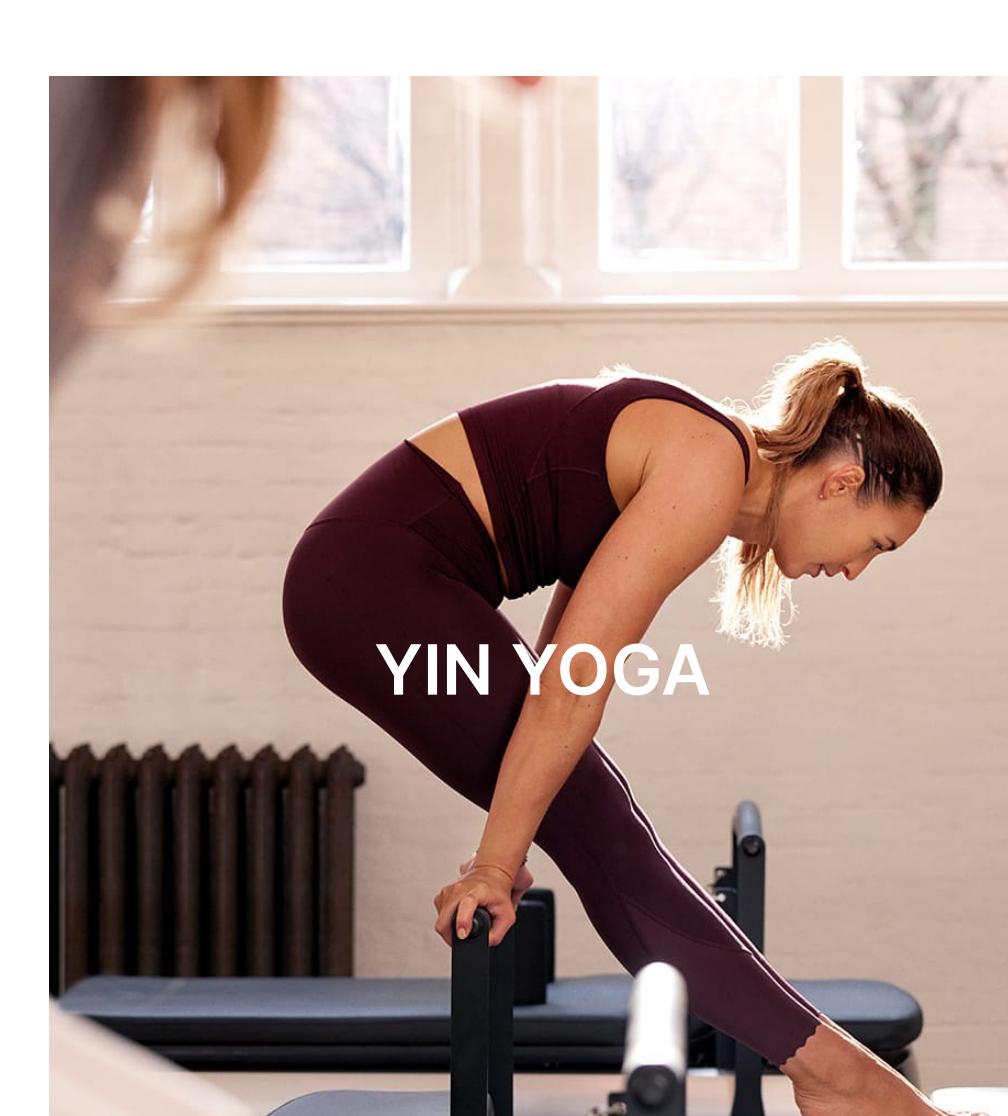
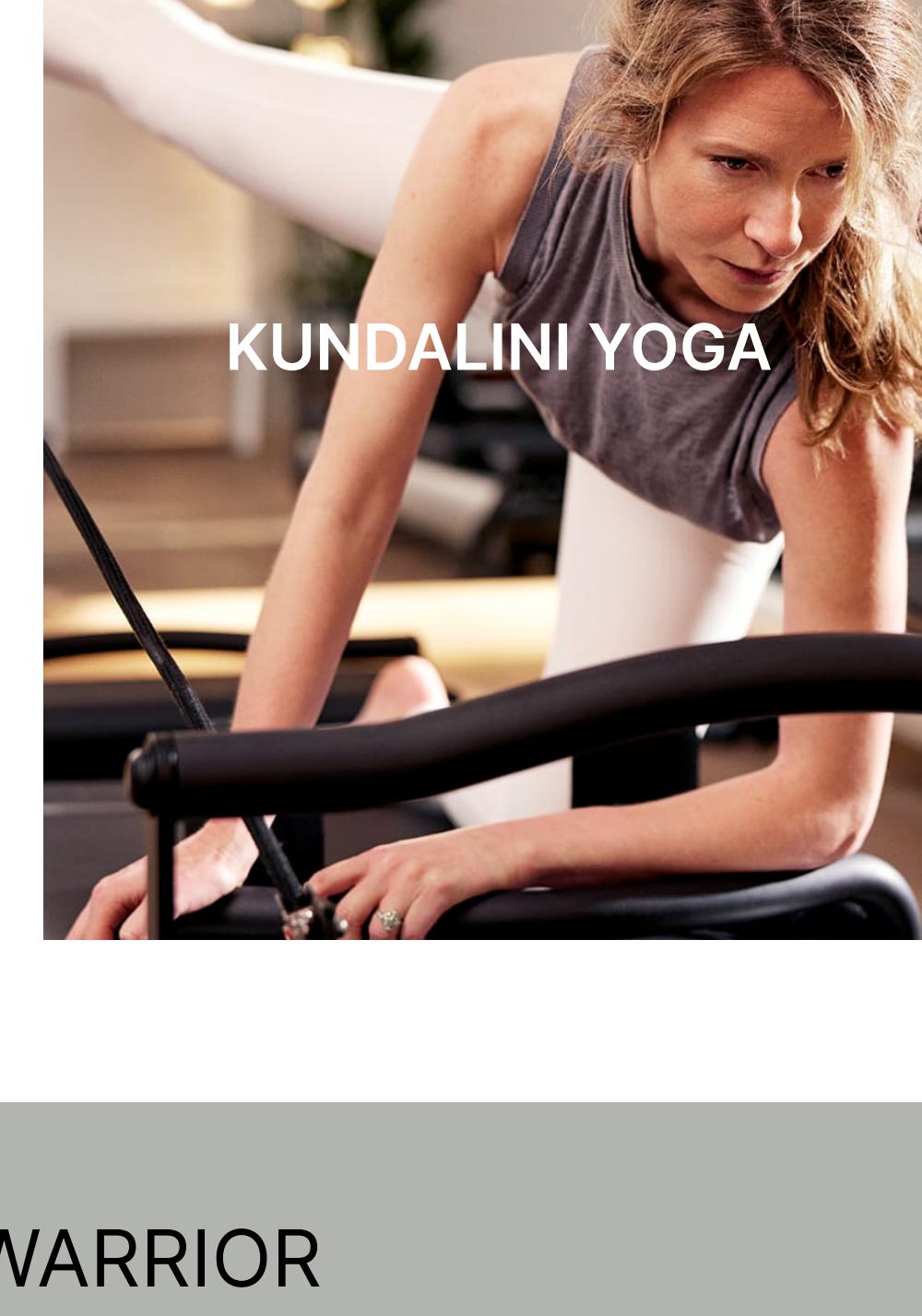
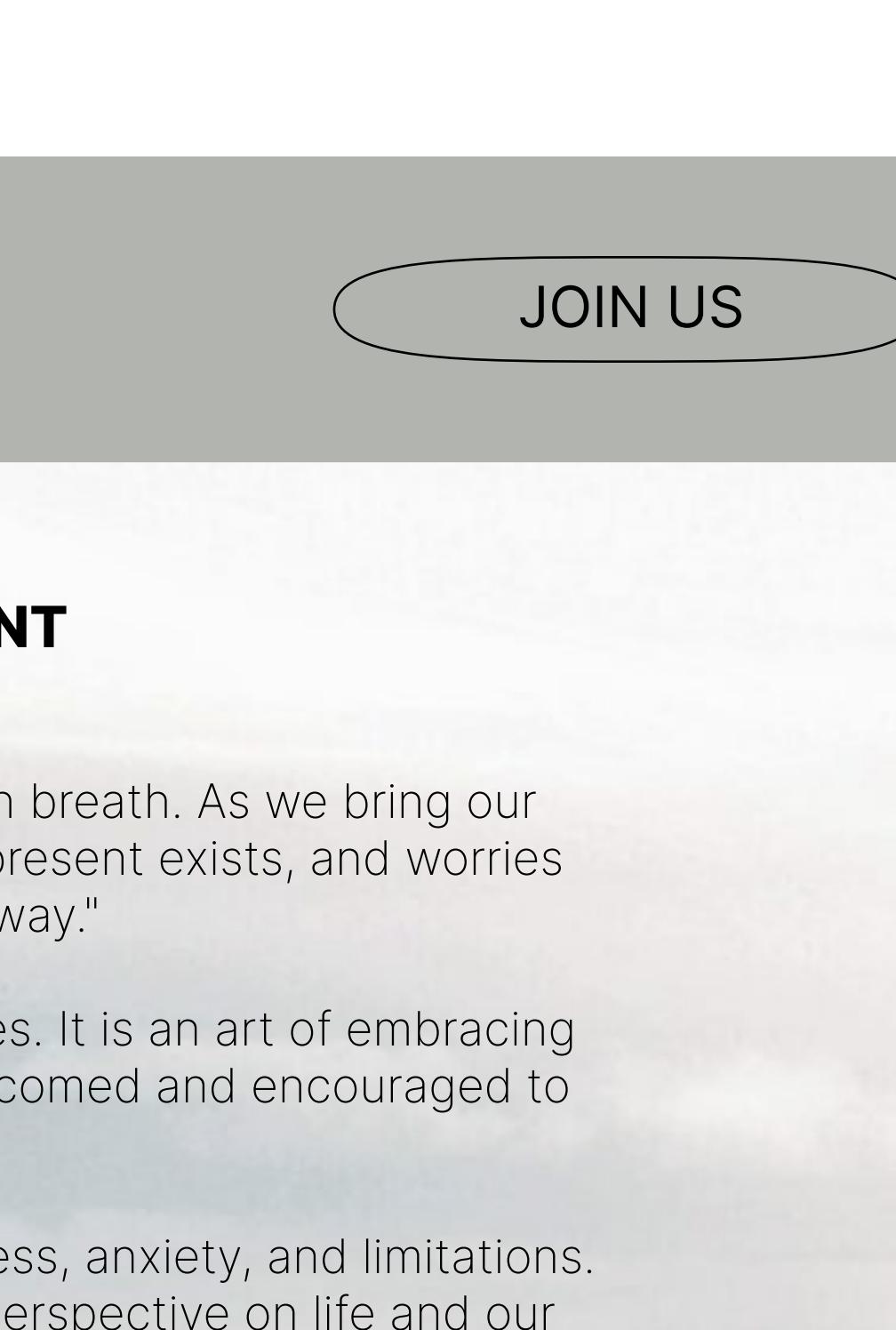
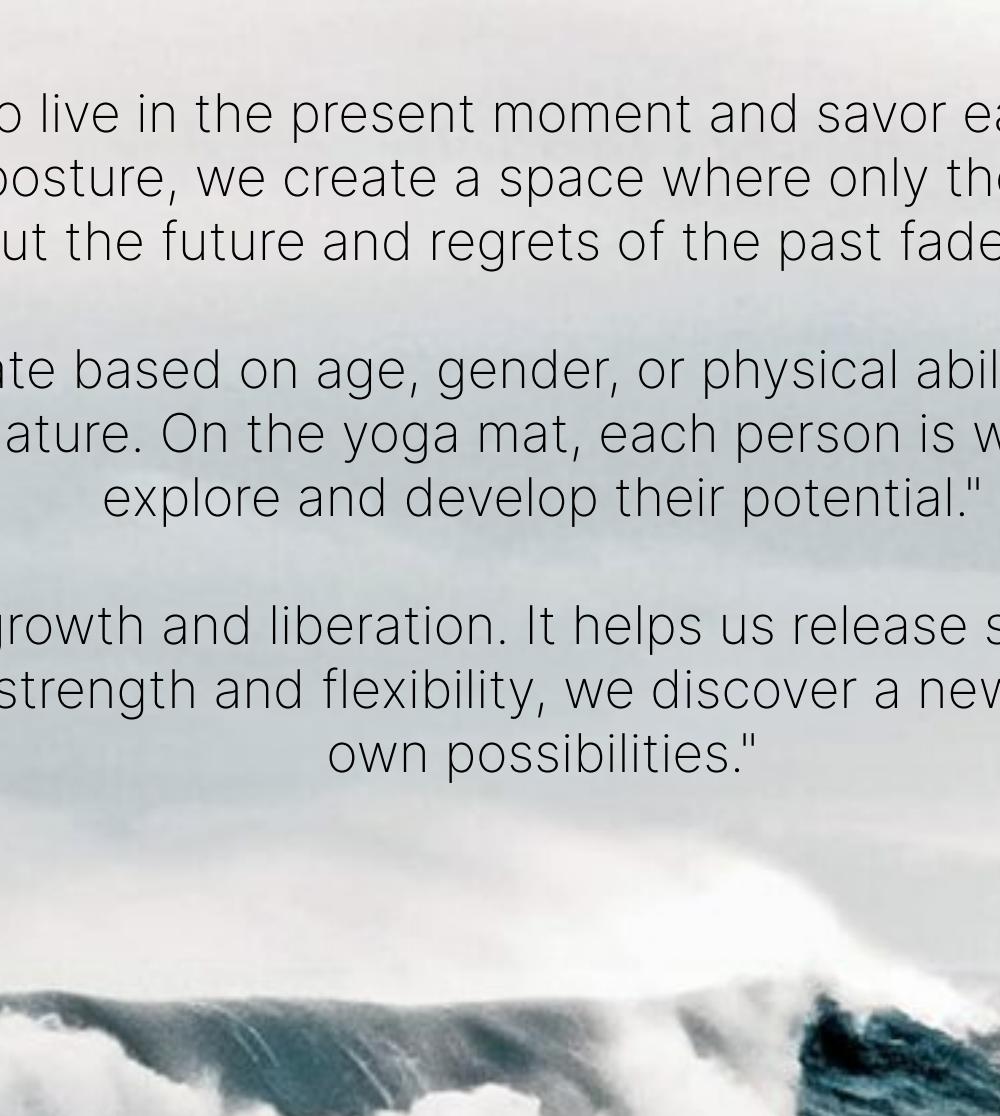
SIGN IN

SIGN IN



OUR CLASS

Inspired by the core principles of Pilates and the love of movement, our classes are designed to shift your energy and create long-lasting strength from within.

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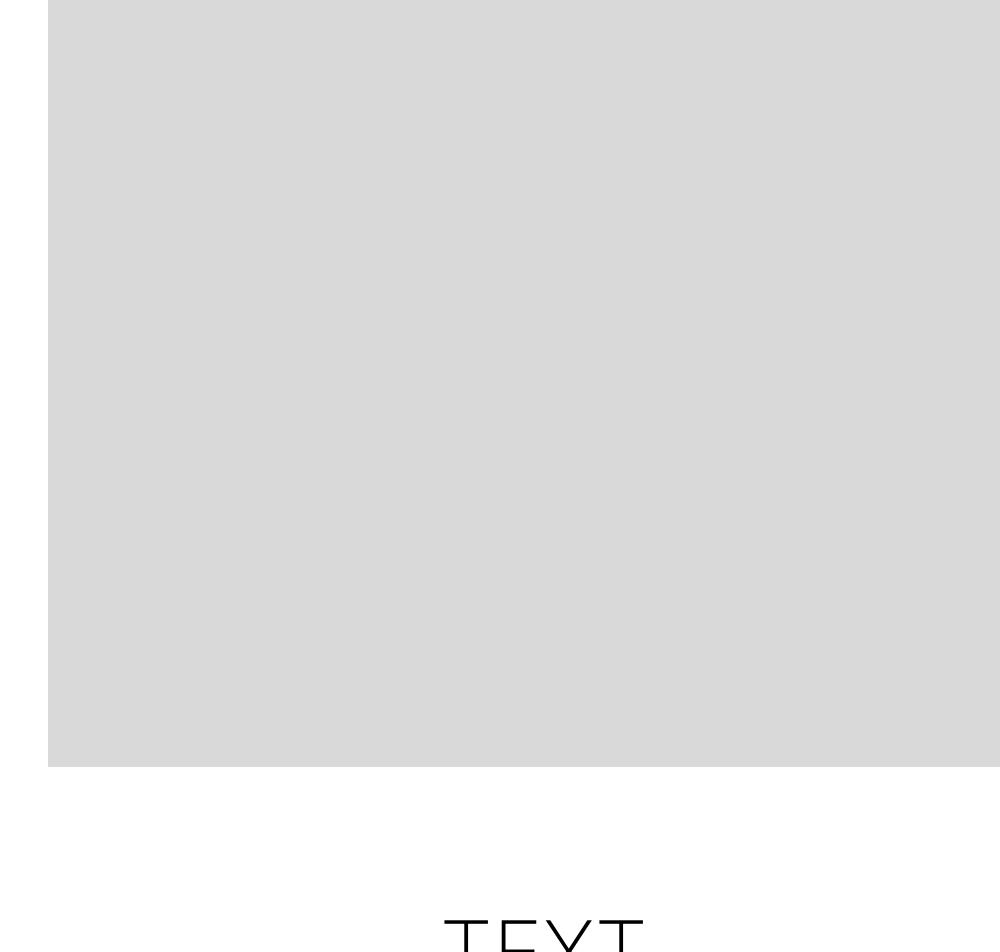
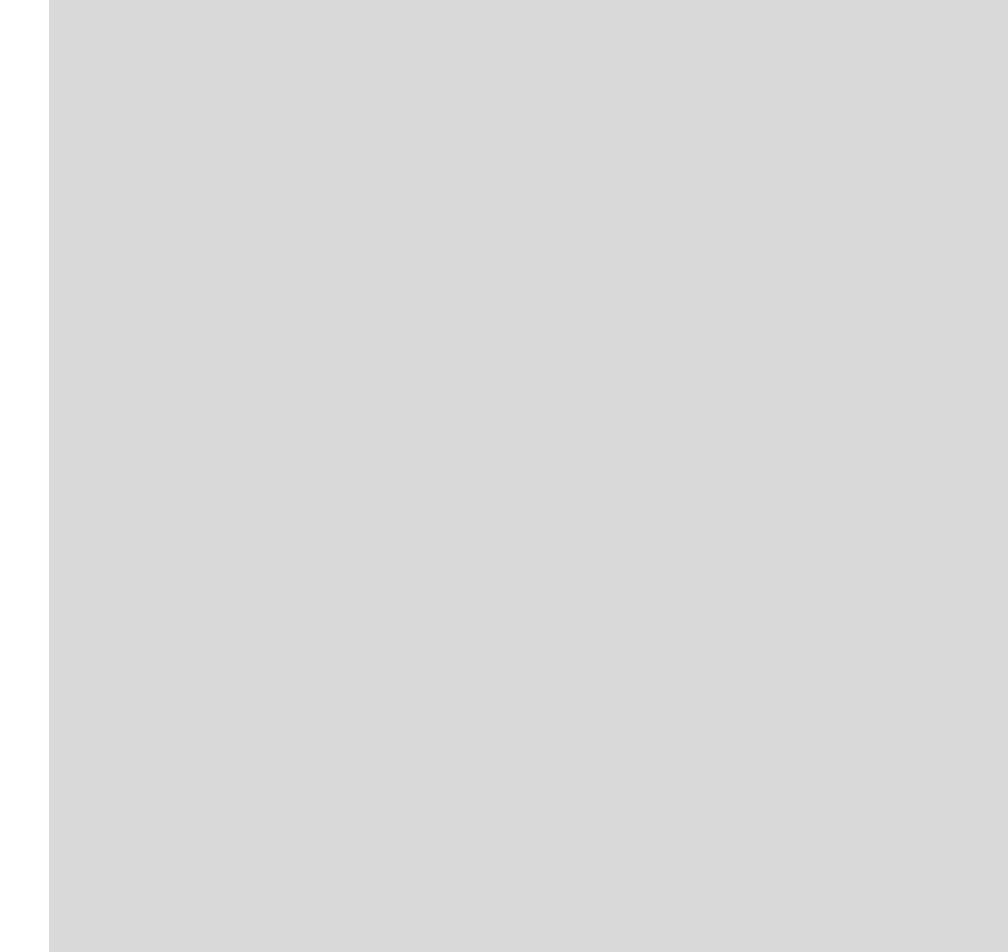
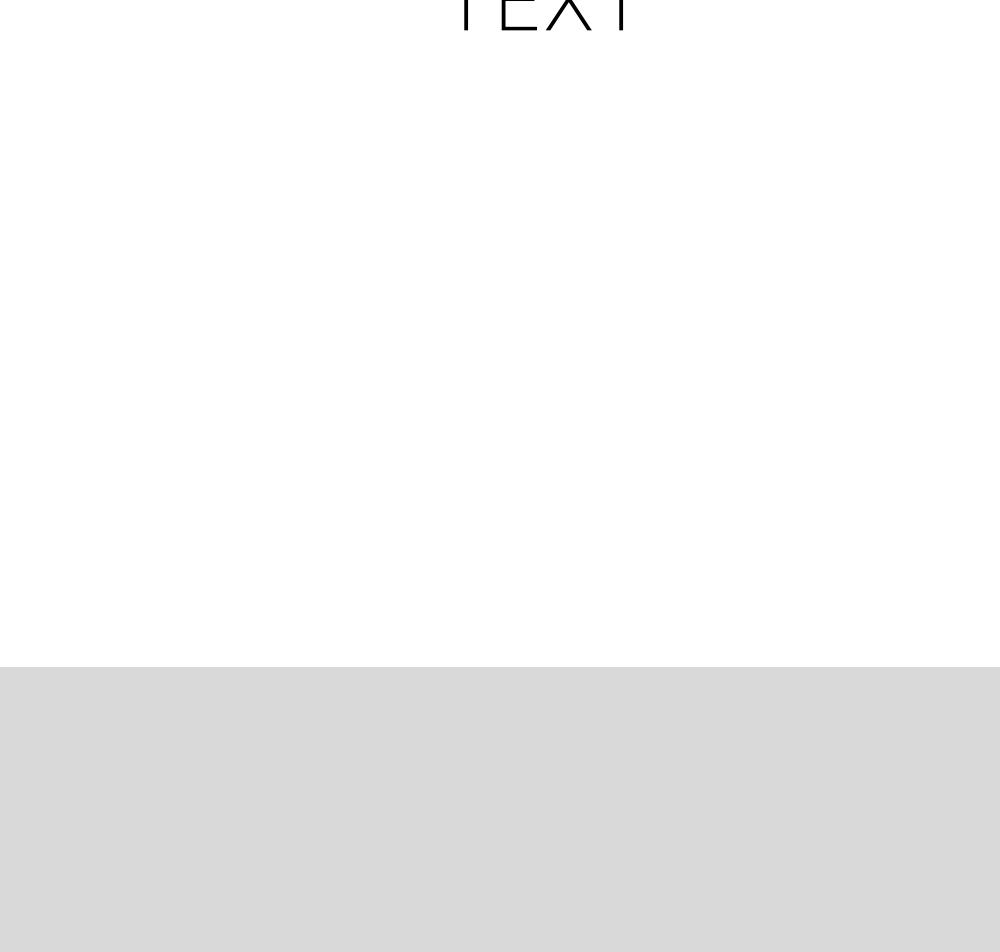
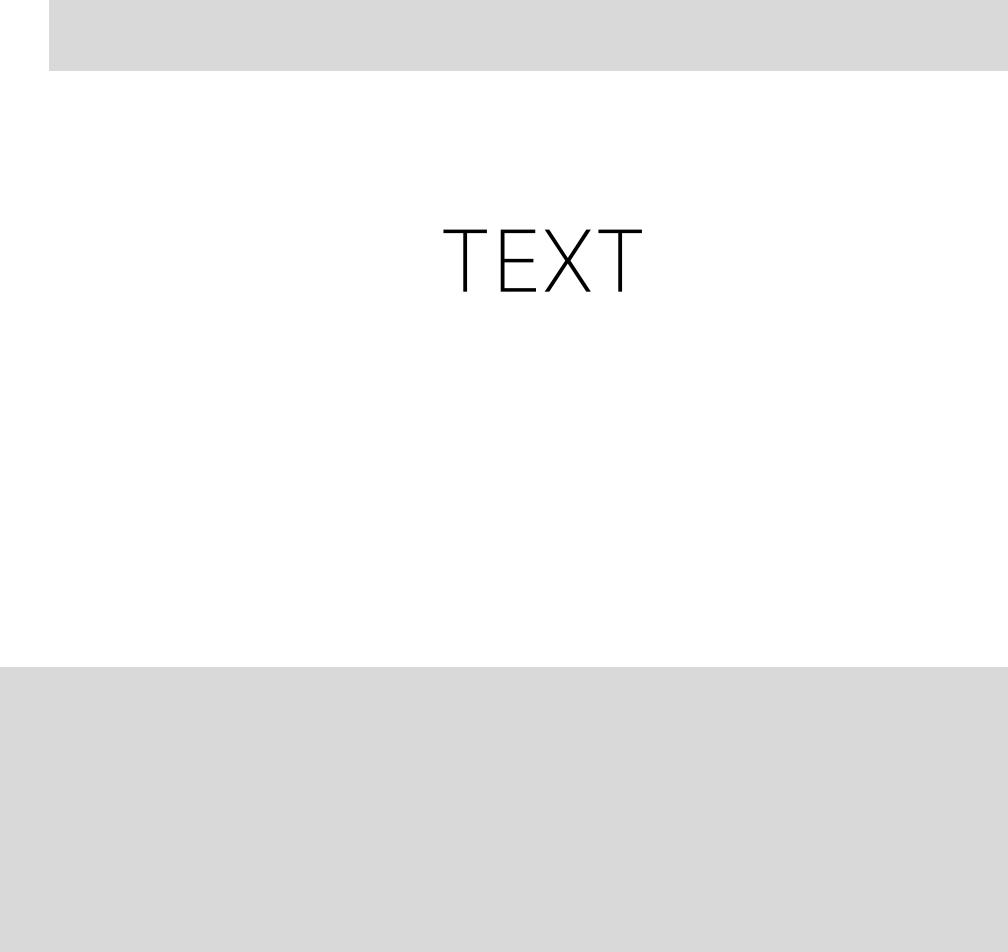
THE POWER OF POSITIVE MOVEMENT

"Yoga teaches us how to live in the present moment and savor each breath. As we bring our focus to the breath and posture, we create a space where only the present exists, and worries about the future and regrets of the past fade away."

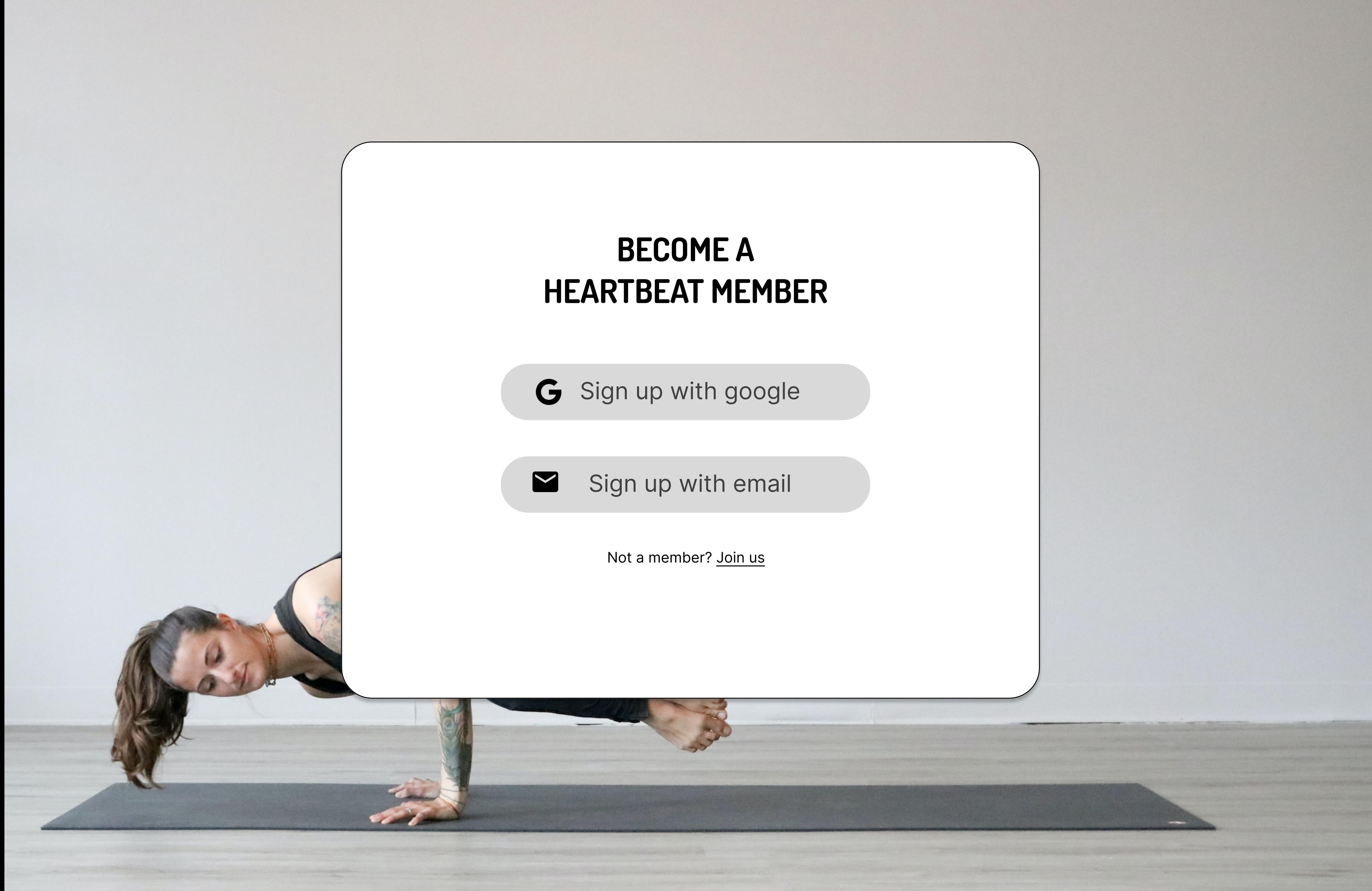
"Yoga does not discriminate based on age, gender, or physical abilities. It is an art of embracing and expressing our true nature. On the yoga mat, each person is welcomed and encouraged to explore and develop their potential."

"Yoga is a journey of self-growth and liberation. It helps us release stress, anxiety, and limitations. As we tap into our inner strength and flexibility, we discover a new perspective on life and our own possibilities."

IN OUR GUEST'S WORD

**TEXT****TEXT****TEXT****TEXT**

FOOTER

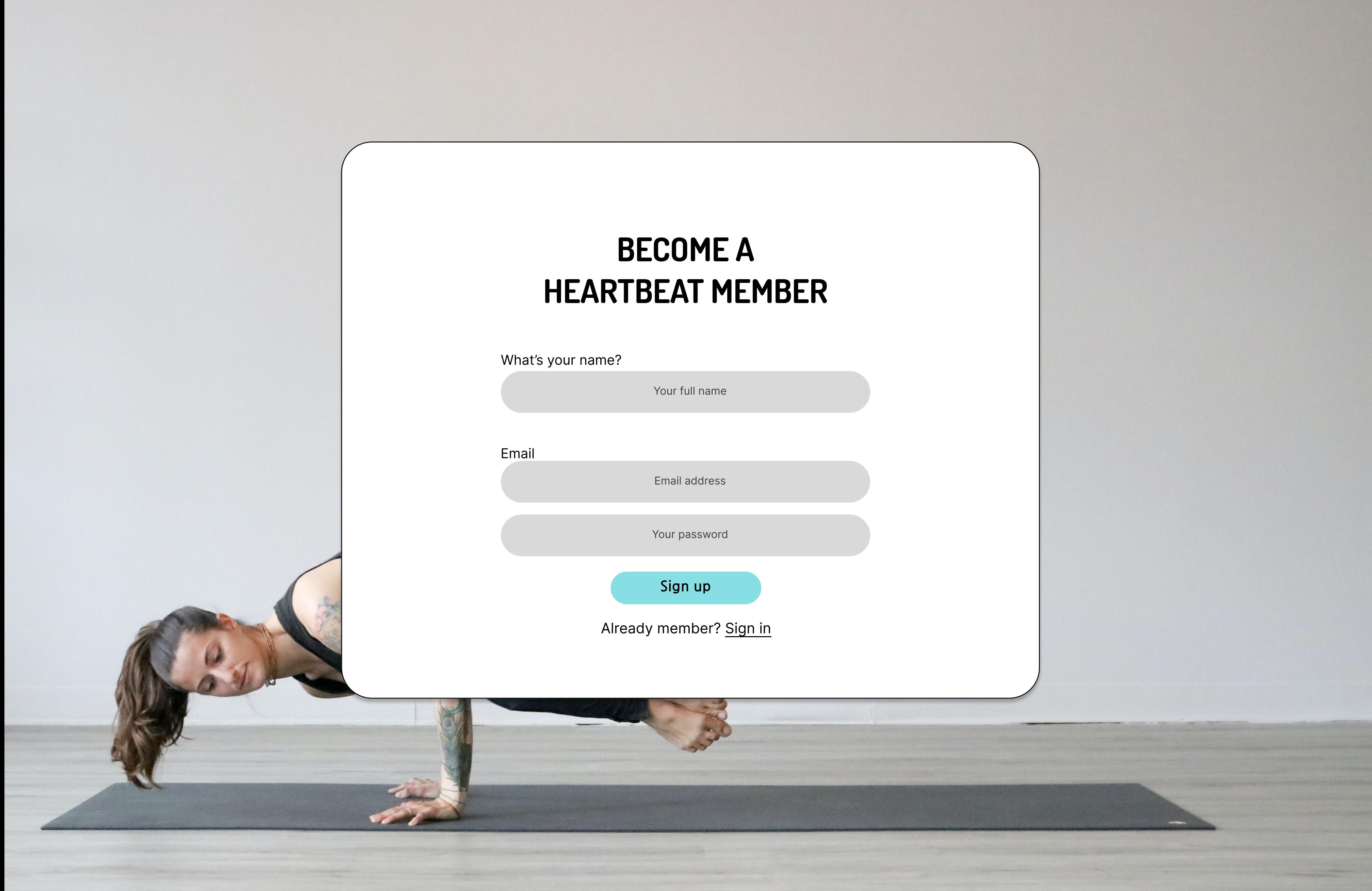


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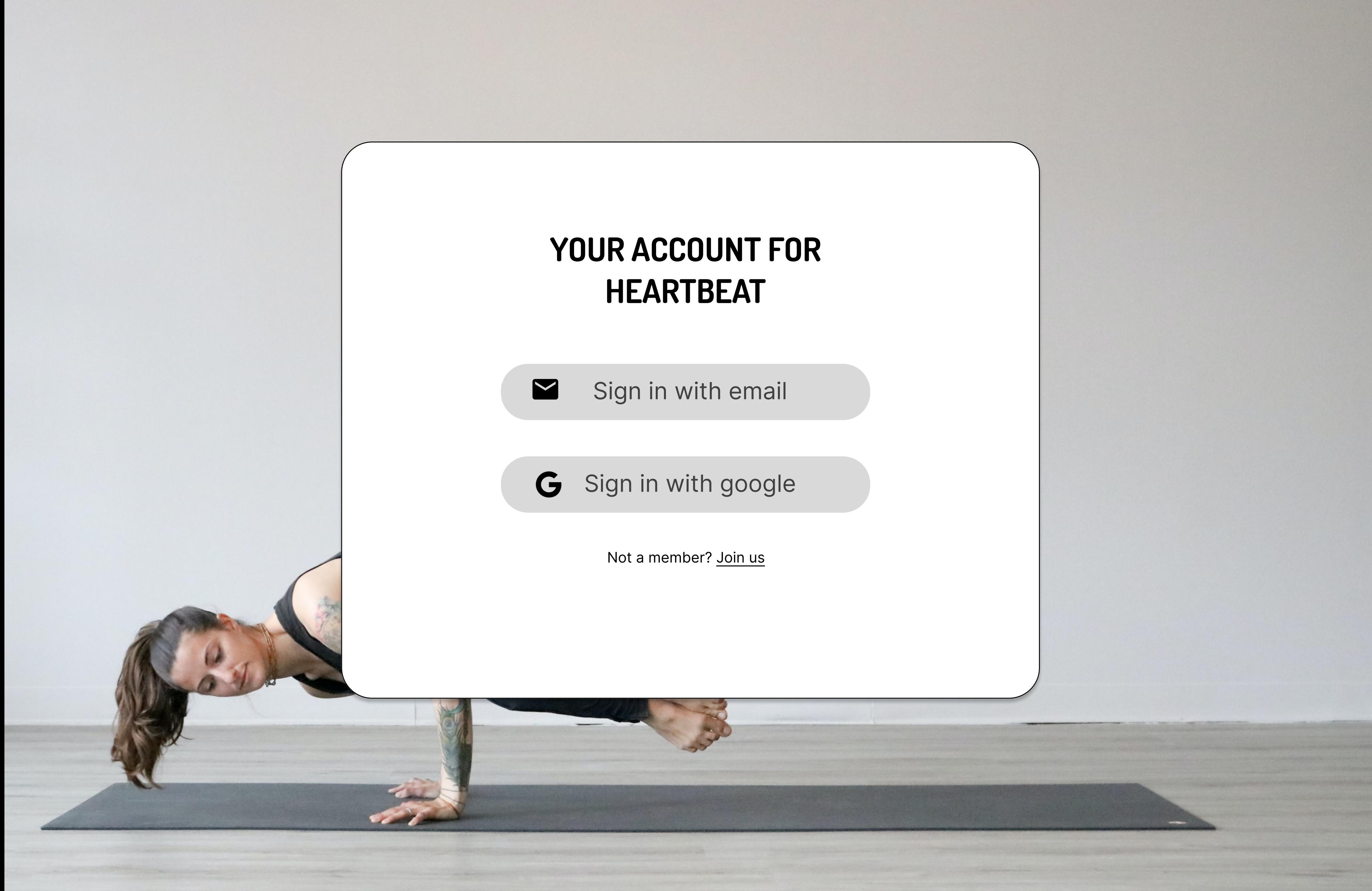
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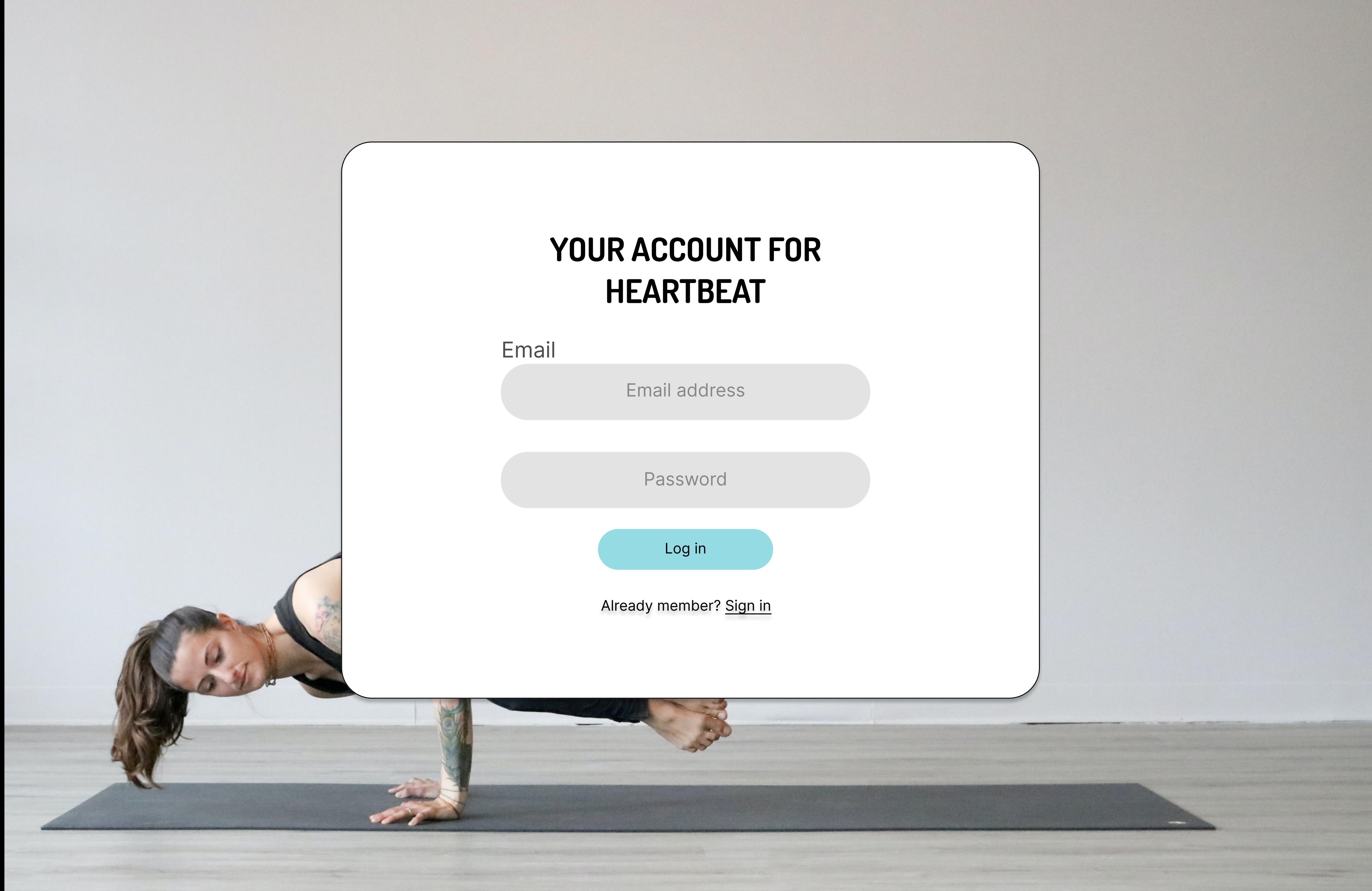


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