

Land Yoga at RCCP

Tuesdays & Fridays

6:00am-6:45am

River Cities Community Pool

(bring your yoga mat, leave your suit at home)



This is a GREAT land class for everybody! Come unroll your mat and enjoy an invigorating slow flow! NO SWIMSUITS REQUIRED! This class is suitable for ALL levels of practice and can help to strengthen and balance the entire body!