

Instructor: Melissa Morris-Hillman RYT

Full spectrum yoga class with breathing, stretching and strengthening exercises including meditation. Great for stress relief. Appropriate for beginners as well as those who have practiced. Particularly geared for those hesitant to try yoga to see the many benefits of a yoga practice. Overall balance and improved health, reduce stress and related issues. See how yoga is truly for everybody!

Classes are drop-in at any week attendance:

Mondays 6:15 pm

Thursdays 9:30 am

Drop-in style classes, wear comfortable clothes, and FREE parking.

Location:

Calvary Baptist Church

120 W. Pennsylvania Ave. Towson.

Any questions.: Call or text (410) 961-8701 or Email: