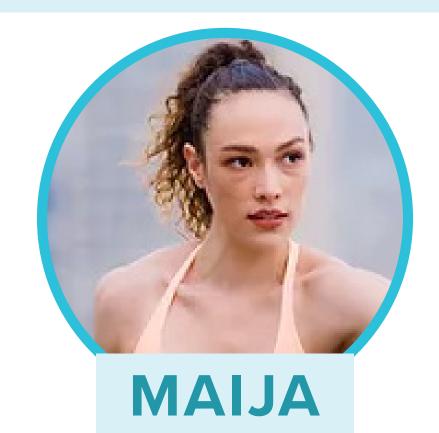
BOYNTON—YARDS

MEET YOUR INSTRUCTOR



Maija is a yoga instructor, personal trainer, and registered dietitian. She teaches an amazing all-levels yoga class that provides both challenges and variations to make class accessible and fun at any level of experience. Her hobbies include glamping, houseplants, and her freshwater aquarium!

DETAILS

- Bring your own mat
- Signed waiver required upon arrival
- In case of inclement weather,
 class will be moved indoors



SCAN TO REGISTER

Registration in advance is highly recommended. *Registration opens 1 week prior.