

# BOYNTON—YARDS

## MEET YOUR INSTRUCTOR



**MAIJA**

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.*