Meaningful Metrics

Yoga and Deep Breathing

$99 per class · 1 hour | **All Ages**

*Class packages available



Stretch, breathe, and build a calm-down toolkit that travels everywhere you go.

Yoga and Deep Breathing pairs simple poses and stretches with breathing strategies. Every session ends with one breathing strategy added to the participant's own calm-down card.

Six Rotating Themes

Everyone welcome! Semi-Private Sessions



Animal poses

A movement story built from animal poses.



Balance

Standing poses.



Partner poses

Two-person poses and mirroring.



Breathing toolkit

Balloon breath, five-finger breathing, and similar strategies.



Stretch story

A guided story told through stretches.



Rest and body scan

Guided relaxation and noticing each body part.



Saturdays

3:00 PM to 4:00 PM

Weekly · Check our calendar for dates



In person or over Zoom

Same great experience, wherever you are.



Sibling discount

calculated at checkout

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