Meaningful Metrics

Yoga and Deep Breathing

$99 per class · 1 hour | **Pre Teen and Up**

*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

Schedule

Saturdays
1:30 PM to 2:30 PM
Weekly · Check our calendar for dates.

Format

In person or over Zoom.

Sibling Discount

calculated at checkout.

What to Know

- Wear comfortable clothing.
- Bring a water bottle.
- All materials are provided.
- No prior yoga experience needed.
- A supportive, non-competitive space for all skill levels.

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