

Welcome...

STUDIO RHYTHM
UNLIMITED

Kaleigh Tardiff



• Try •

Kaleigh's Class...

Mondays starting July 10th

Yoga Glow: Mondays 6:45-7:30pm

Kaleigh's Yoga Glow practice includes active sequences of movement and longer holding of poses to build both strength and flexibility in the body. Each class focuses on specific areas and issues while toning the system as a whole, giving special attention to alignment and taking care of oneself. Deep breathing and abdominal exercises work to fortify the core, helping students go deeper into poses, as well as attain increased balance and an enhanced connection to our highest self.

Yoga Let Go: Mondays 7:30-8:15pm

Kaleigh's Yoga Let Go practice is a gentler flow that features personal modifications and emphasizes integrating mind, body, spirit. Students will be guided through the practice at a slower pace and with increased awareness, and a focus on the whole physical and emotional body. Visualizations and inspirational quotes are utilized throughout the class to help promote relaxation and peacefulness.

\$10 Drop-In Per Class or \$70 Unlimited Class Card for July

•Email DanceSRDC@gmail.com to register•

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