Gentle Flow Yoga

Our soothing, calm and relaxing class will focus on created a sense of well-being. This class will be suitable for all levels and will focus on the fundamental poses found in yoga. Each class will end with a deep relaxation/meditation section. After each class you will feel less stressed, more flexible and enriched with a deeper understanding of yogic traditions.

Join us at 9:45am on Friday mornings beginning April 14th.

Drop in rate $12

Oceanside Pilates and Yoga

315 Shirley Street, Winthrop MA