

Yoga

Britt Bensen Steele has trained and taught in the U.S., Southeast Asia, Indonesia, and India. She has her Bachelors in Exercise Science, and her Masters degree in Public Health. She is Yoga Alliance Certified, yoga therapy licensed, and a certified Ayurvedic Lifestyle Counselor. Her teachings are influenced by the practices of Classical Hatha, Bihar, Vinyasa, and Chakra Yoga.

Classes are mixed level and suitable for most individuals. Please arrive 10 minutes early for your first class. Dress comfortably and bring a yoga mat, if you have one. Call Britt for additional information at 503-780-4034.

Tuesday & Thursday
7:30 - 8:45 am
3:45 - 5:00 pm

Devo*
Saturday
8:30 - 9:45 am

\$45 / month
\$7 drop-in
First Class Free

We have come to this place to learn about Love... to open our hearts and let the Light in.

*Devo is a cardiovascular mind/body class set to world music that incorporates yoga and fitness modalities from around the globe.

LED BY BRITT B STEELE 503-780-4034 VERNONIA GRANGE

Featured Property

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11-4pm
Tuesday Dec. 20th
Wednesday Dec. 21st
Thursday Dec. 22nd

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Contact: DeAnna Pearl,
DeAnna@vernonia-or.gov
(503) 369-7370

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