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- 21 years exp / gift certs.
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	M	T	W	TH	F	SA	SU
6:45am							
9:00am	•	•	•	•	•	•	•
11:00am							
4:00pm	•	•	•	•	•	•	•
6:00pm	•	•	•	•	•	•	•
8:00pm	•	•	•	•	•	•	•

New students, please arrive 20-30 minutes early. Wear comfortable clothes. Bring a bath-size towel and water bottle. Come with an empty stomach, and open mind and be prepared to sweat. Yoga Wear and massage available

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