

New Instructor at Yoga Desa

Natalie Backman

Wednesday Nights at 6:00

Join new instructor, Natalie Backman, for an invigorating and empowering vinyasa flow Wednesday nights at 6:00. Focused on breath and alignment, Natalie will weave you gracefully in and out of postures in a style reminiscent to dance. In addition to asana, Natalie emphasizes the freedom to be found in letting go of expectations and judgment and claiming JOY in the present moment. Though this class is challenging, Natalie will guide you step by step through each posture, making it appropriate for advanced practitioners as well as beginners with healthy body awareness.

