



level one yoga

Delve deep into the fundamentals of yoga. Perfect if you're newer to yoga, or if you're an experienced yogi who just wants to slow down the pace and reconnect with the roots of yoga to strengthen your practice in an environment of just being. No judgments.

Wed. 10:45 -12:15pm & Sat. 9:00 -10:15am

120 North Topanga Canyon Boulevard

Sarah Thomas Gulden

Yoga Desa