Monday Momentum Yoga - Strength, Stability & Connection

In-Studio & Online, & Video Recorded

Offered Weekly – Begins Monday, January 25th | 5:30-6:30 PM

Weekly Class Video Content Available 5 Days!



Made it through Monday? Are you looking to experience a fitness inspired yoga class to support your week ahead?

Build some momentum for the week ahead!

Join a welcoming yoga-inspired fitness class that offers you the chance to:

- **Combine** functional strength, core conditioning, balance, and mindful movement
- **Use** yoga postures, optional light weights, and adaptable exercises
- **Build** strength and stability at a pace that works for you

What can you expect from class?

- **Begin** with energizing movement.
- **Move** through yoga asanas (postures) to build strength and stability.
- **End** with stretching, breathwork, and guided relaxation.

Who should attend? This practice is meant for everyone – all levels are welcome to join.

Whether you're new to yoga or looking for a different kind of workout, come to move, recharge, and connect with others through a shared weekly practice.



Sarah Watson,
RYT-200 &
Certified Yoga Teacher

Easy Ways to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link & you'll be directed to the registration page.

FEE: Included in general memberships & class passes!

Can't make the scheduled class time? Register to receive access to the weekly video content for 5 days. Practice where and when it best fits in your schedule.

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com

Do you know someone who may benefit from these classes? Invite them to attend and kindly pre-register with you. Build your Winter fitness together!