

**Hatha Yoga ~ Tuesdays 6:30-7:45pm**

*Lori Brucato will lead a traditional style of yoga with emphasis on breath awareness during practice.*

*This class is very similar to her Yin/Yang class without the Yin.*

*In this class Lori and her students will together decide the direction of the practice.*

*Wonderfully interactive, this class is suitable for all levels.*