



Weekly Class Schedule

[All That Matters Yoga & Holistic Health Centers](#)

Mondays 6:00pm - 7:00pm - LIVE STREAM ONLY

This all levels class focuses on the mindful qualities of a yoga practice and includes key instruction for beginner yogis, while offering options for experienced yogis to deepen and further their practice. Includes meditation, breath work, mantra, and movement to cultivate presence.

Class starts Monday, January 25, 2021

Pricing: <https://allthatmatters.com/pricing>