

Yoga Express:

This class is Community Yoga's way of giving back to our students as well as offering new students to take advantage of a discounted price of \$5 per class (No classes are removed from a purchased pass). This class can be a great break in your day. It is open to all levels of students offering stillness, subtle flow and strength. Great for shifting any stagnant energy and providing a more calm and productive day.



Community Yoga
20823 North Main Street #117
Cornelius NC 28031

704-491-4749 or cyyoga@gmail.com