

About Poses

We honor the uniqueness of every student
and we hold space to meet you exactly where you are to celebrate your full potential!

Our studio is designed as a respite from a hurried, fast-paced life so you may pursue your yoga practice and allow for personal reflection. Breath is the core of our practice. We harness the power of breath to initiate conscious movement – awareness of the breath leads to mindfulness. Yoga allows us to observe ourselves in challenge…we discover…we appreciate…we connect with something more profound within ourselves – this is the gift of yoga!

At Poses, we strive to create a welcoming studio, staffed by highly trained but nurturing instructors to guide you in your journey of discovery. the gift is in the process…