

Yoga at Olla Terve Healing Studio

1091 East US Hwy 24, Woodland Park, CO
(Safeway plaza)



In Vinyasa Yoga classes, students coordinate movement with breath to flow from one pose to the next.

Yoga is a moving art and meditation that may lead you to your own inner peace, discovery and renewal.

Essential oils may be used to enhance your yoga practice.

2019 Winter Schedule

Wednesday, 10:00 - 11:00 am

Friday, 10:30 - 11:30 am (Gentle)

Suggested Donation: \$8 – 15

www.OllaTerve.com Check website for updates.

