



# Power Heated Yoga

A powerful, energetic form of yoga taught in a heated studio where students fluidly move from one pose to the next while connecting breath to movement. The heated environment makes this a vigorous and rivitalizing form of physical fitness.

**Beginning Monday,  
January 2.**

**Mondays 10:30-11:30 am**

**Fridays 12:15-1:00 pm**

**Taught by Natalie Frank**

**303-386-2335**

**\$10(Drop In) per class**