

First Monday of the Month

We're Changing It Up!

Come Out & Play With Us



Special Class Format for Talya's 6pm class:



- Rocking Music
- Talya practices with the students
 - students choose whether to follow her sequence or make up their own

- Students practicing on their own can arrive at any time
- Students practicing with Talya must arrive and be ready to begin practicing by 6pm.



Standard class rates apply



turbodog spirit center
a forrest yoga community