



Yoga with Kaitlyn

This Class combines physical postures, breathwork, and meditation to promote flexibility, strength, and relaxation. It enhances mental clarity, reduces stress, and fosters overall well-being, catering to practitioners of all ages and fitness levels.

Class Focus:

- ▶ Chronic Pain Reduction
- ▶ Stress Reduction
- ▶ Disease Management
- ▶ Postpartum Anxiety

Tuesdays at 12:00 pm
961 Panorama Trail South
Registration is Required



Kaitlyn Vittozzi
Certified Yoga Therapist
Owner of Penfield Yoga
Studio



Penfield Yoga Therapy



961 Panorama Trail S, Rochester

📞 585-482-5060

www.wellness360fitness.com