

## 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

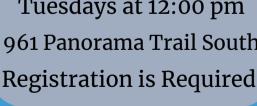
Tuesdays at 12:00 pm 961 Panorama Trail South Registration is Required



Kaitlyn Vittozzi **Certified Yoga Therapist** Owner of Penfield Yoga Studio



Penfield Yoga Therapy



Wellness

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