



Yoga Therapy 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



Kaitlyn Vittozzi
Certified Yoga Instructor
Owner of Penfield Yoga
Studio



Penfield Yoga Therapy

Tuesdays at 12:30 pm
1328 University Ave
Registration is Required



191 W Main St, Webster ▶ 1328 University Ave, Rochester

📞 585-482-5060

www.wellness360fitness.com