

BOGA YOGA



- ❖ Enjoy yoga practice on the water to enhance mind, body & spiritual journey!
- ❖ Increase focus while developing more core balance & coordination.
- ❖ Harmonize w/ the healing nature of aqua to improve body strength & endurance.



Bedford
MASSACHUSETTS

- ❖ 3 week program starts July 11th
- ❖ 5 spots available, Pre-registration required