

Yoga Class



Adaptive Yoga For All

Thursdays, 12-1pm ~ Sep 12 - Dec 14

HTLC ~ 301 Lopez Ave, Port Angeles

Please join us for an hour of gentle yoga to stretch and reunite with muscles that may be neglected due to injury, disability or lifestyle.

Gentle and Adaptive yoga to accommodate all abilities and bodies.

Please bring your own mat, belt and block. If they are not available to you, limited supplies may be available to borrow.

Marla Garr is a 200 RYT, having completed her training in 2017 at Rasayana School of Yoga in Leavenworth WA. She has been practicing yoga for 10 years. She utilizes assistive devices (blocks, belts and blankets) so that all bodies, in all stages of life, can receive benefits of a holistic yoga practice.