

NEWS FROM THE MAT: HEALING ARTS YOGA CLASSES:

Stable View hosts bi-weekly yoga classes. Come gather in the upstairs of the pavilion Monday mornings from 8:15-9:15 am and Fridays at lunchtime from 11:30am-12:30pm.

Yoga costs \$15 per class. You can sign up via this [link](#).

With over 19 years experience in teaching yoga, Elena integrates different styles with a heavy emphasis on alignment, safety, and body awareness to prepare you for your day ahead. Elena is RYT certified, Aerial yoga certified and certified in Sound Healing through The Sound Healer's Academy in Los Angeles. She is currently working on an in-depth teacher training on the nervous system and restorative yoga.

Yoga has many positive benefits. It helps build strength, flexibility, and balance. This helps with all aspects of life and is great cross training for the equestrian, golfer, and overall athlete.

Please call the Stable View office at (484)356-3173 with any questions.

Join the Healing Arts WhatsApp Group via the QR code or this [link](#). You will stay up to date with information about the Studio as well as receive 10% off of all classes.

