

Restorative Yoga

Relaxed, supported movements and postures release blocked energy and refresh both mind and body.



- Improves flexibility and stimulates blood flow
- Enhances relaxation and centeredness
- Blends breathing exercises and traditional poses
- Perfect for beginners and experienced practitioners alike

Tue & Thu 12:00 p.m. – 1:15 p.m. • 3-Month Session: \$258
20% off for Aikido in Fredericksburg Members

Call to
Schedule a
Free Trial
Class!



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Today

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