



YOGA FOR ALL

Here at the Bastrop YMCA we offer a variety of yoga classes each unique and with its own purpose!

Family Yoga!

This yoga class is designed for all ages and ability levels! The whole family will benefit from this storytelling yoga class designed to improve flexibility, strength, and imagination!

Chair Yoga!

This yoga class is designed for anyone with physical limitations who may have difficulty moving to and from the floor or simply prefer the stability of a chair, allowing them to fully enjoy the wellness benefits yoga provides

Hatha Flow Yoga!

This yoga class blends traditional Hatha yoga with Vinyasa flow yoga, focusing on creating greater awareness of the body and breath.

Transform Yoga!

This yoga class is designed as an integrated yoga program that combines traditional yoga poses with agility, functional mobility, balance, and strength.

