

One on One Yoga

986 Airway Ct Ste D, Santa Rosa, CA, 95403

Phone: 17072902216

OverviewYoga, Dance, and Balance Training. This program is an individualized one which will help you meet your goals. One on One and small groups, education and training. Together we can achieve your new life goals! Specializing in training women. Flexibility, Strength, Relaxation, Focus, Positive Changes, Confidence, Posture, Breathe Work,Balance, Pranayama, and Life Skills taught through the Eight Limbs of Yoga.

AddressOne on One Yoga is located in 986 Airway Ct Ste D, Santa Rosa, CA, 95403

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