

# H I G H D E S E R T Y O G A



The Mission of High Desert Yoga is to create a nurturing environment that supports our community of students and teachers as they deepen their experience of body, mind and spirit. Through the teaching and practice of asanas (poses), pranayama (breath), and yoga philosophy, we strive to promote optimum physical health, clarity of mind and spiritual inspiration for all.



We offer Hatha Yoga classes from “The Basics” to Advanced classes. We believe in a holistic approach, offering a wide spectrum of specialized classes such as back care yoga, restorative yoga, vinyasa flow, women’s yoga classes and even a senior yoga class. To encourage you to deepen your yoga practice even further, we offer retreats and workshops at our local studios and all over the world!

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