

Yoga Studio in Guilford

Fall has arrived at Black Horse Yoga Studio! Now's your chance to make a lifestyle change! At Black Horse Yoga Studio you can choose and create your own experience through convenient and affordable programs that range from finding your inner peace to expanding your outer strength, from healthy nutrition to gentle restoration, from deep contemplation to joyful and exhilarating fun.

Why don't you Fall into Yoga and take some time for YOU! Think you can't do yoga!? The style yoga that I teach is not about twisting into a pretzel. It's about learning about your body, honoring any limitations, injuries and abilities. There are classes for every level. I know that you can and I can help you ease into fit, fun & self-care. Check out the upcoming events on Black Horse Yoga Studio Facebook page, Instagram and at [Black Horse Yoga – Suzette Hayes, Guilford, New York, Certified Kripalu Yoga Teacher](#)

Namaste.

Suzette