

[LI STRIVE @ DANCE CENTRE OF THE HAMPTONS](#) PRESENTS:

OUR RESTORATIVE YOGA COMMUNITY CLASS



REGISTER AT [LISTRIVE.COM](https://www.listrive.com)



Program Title: Yoga Community Class

Location: LI Strive – 460 County Rd111, Suite 21, Manorville, NY

Dates / Day / Time: 8/1/26-7/31/27, Tuesdays, 3:30-4:30 PM

Open To: Everyone ages 14+

Class fee: \$50/class

Description:

Our Yoga class is an active, inclusive movement program designed to build strength, flexibility, balance, and body awareness in a welcoming environment for individuals of all abilities. Participants will learn foundational yoga poses, breathing techniques, and mindful movement sequences that promote physical fitness while supporting emotional well-being. Classes are adapted to meet each participant's individual needs and abilities, helping everyone experience success while developing healthy habits that can be incorporated into everyday life.

Learning Outcomes

- Increase strength, flexibility, balance, and coordination.
- Improve posture, body alignment, and overall mobility.
- Learn foundational yoga poses and proper movement techniques.
- Develop breathing strategies to improve focus, relaxation, and self-regulation.
- Enhance body awareness and confidence through purposeful movement.

Instructor: Heidi MacAlpine, Certified Yoga Instructor, Trauma Informed Wellness Instructor