

YOGA DIFFERENTLY

Courage over comfort



TENACITY + SELF CONTROL
PRECISION + DISCIPLINE
FOCUS + CLARITY

HEATED FITNESS

See the results

MUSCULAR ENDURANCE
CARDIO + CORE STRENGTH
METABOLIC IMPROVEMENT



KNOWLEDGE IS POWER

DEXA SCAN FOR BONE DENSITY,
LEAN MUSCLE AND VISCERAL FAT



DOWNTOWN AUSTIN - NORTH AUSTIN - DALLAS

LOCATIONS