



THE MEN'S CLASS

Every Sunday
Starting April 5
6:30-7:45 pm

121 E Berkeley Street
2nd Floor
(just above J.J. Foley's)

617-532-0691

This weekly class, held at the O2 studio in Boston's South End, provides a unique opportunity for men of all backgrounds and athletic abilities to practice O2 yoga and create community. Taught by men who have trained with O2 founder and director Mimi Loureiro, O2 The Men's Class is an active heat generating practice focused on the development of strength, flexibility and balance in the lives of men. Through active sequences of postures and steady breath, students in The Men's Class will explore the strengths and limitations of body and discover a deeper sense of self awareness. Join the men of O2 yoga in this powerful basic to intermediate practice.