

Yogi of the Month!



Wow , what an honor. Thanks so much for this honor being named Yogi of the Month. Yoga is becoming a very big part of my life and along with Kung Fu, I hope to teach one day. I have trained in Yoga as a small part of my Martial Arts Training since 1999. Since 2008, I have deepened my practice. Yoga makes us better people and the world a better place. The Yoga Flex Staff is very, very supportive and features many awesome and dynamic instructors. Thanks again and I will see you all in class SOON! ~Calvin