

+hot yoga+ Home Zen Hot Yoga Fort Worth Our Classes Zen Hot Yoga Fort Worth Shelly Byrd Zen Hot Yoga Fort.

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WELCOME TO ZEN! In addition to BikramHot60 and 90 Classes we also have HITHotPilates Pilates Flow YinYogaand pop ups This is a 60 minute version of the traditional Bikram 90 minutehot yoga class practiced in a room heated to 105 degrees

There is a certifiedyogateacher in your class but the teacher practices with the class and only offers cues as to when to begin and end each posture Shelly Byrd I teach YinyogaandHotPilates. Myyogajourney started out 16 years ago as a form of physical therapy due to a severe spinal injury

Through constant practice and teaching yogahas changed my life on many levels Kathryn Lorusso Kathryn Lorusso teaches Yin Bikram andHotPilates

She has practicedyogafor 16 years and could not imagine her life without it! In her spare time she fosters dogs and haunts the Bedford Public library cooks up vegan meals and is a leader in the field of napping Sydney Huebner is a passionate Pilates instructor specializing in mobility and recovery

She discovered Pilates at 16 while recovering from an injury and quickly fell in love with its ability to build strength through sustainable movement Omarsyogajourney began in 2021 sparked by a transformative 10 day challenge that introduced him to the profound benefits of the Bikram series

As he continued to deepen his practice he experienced corrected posture a clearer mind and a healthier immune system. Inspired by these transformations Omar developed a passion for sharingyogawith others. He pursued certification in 2022 and Yogais the best gift ever! Give any amount

Use our online software to create your very own gift certificate. Our nifty software allows you to customize the certificate and send it to your special loved one on the date that you choose Yoselin a native Nicaraguan has been practicingyogasince 2011 and went toyogateacher training in 2020

She foundyogawhen she was searching for a more consistent workout routine. She practicedyogabefore during and after both of her pregnancies. Yoselin considers theyogacomunity as her family because it is in this studio where she met her husband Brad

She is passionate about I started practicing BikramYogain the fall of 2000 in Washington DC. I immediately did a 60 day BikramYogaChallenge and was completely hooked on this practice. The transformative power of this healing series and my love for it has continued for over 20 years

In the spring of 2008 I attended the intense 9 week immersive BikramYogaTeacher Training in Acapulco Mexico. I have taught part After several years of

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