

YOGA at All Stars Dance

209 Root Rd, Westfield, MA (413) 572-1122



Yoga burns calories, increases flexibility, lowers blood pressure, creates lean muscle, and tones your whole body. ALL body types and experience levels are welcome and encouraged!

Mixed level Yoga classes

Saturday 9:00am-10:00am

Saturday 11:00am-12:00noon

\$9.00 drop in rate

10 class card for \$80.00

Roots and All Stars Team parents discount, only \$5.00 for drop in!

Mommy and Me series for children ages 3-7

Saturday 10:15-11:00

Runs for 6 weeks beginning January 14th

\$50 for the series

Tara Balboni, Momentum Yoga, Like us on Facebook!