Y7 Studio® is bringing yoga and meditation to our local communities.

Freedom To Flow will teach students how to take these practices into their everyday lives as a means to better cope with the stresses and difficulties of life.

At Y7 Studio®, our mission is to break down barriers and make yoga inclusive and accessible. Our music-driven yoga experience, featuring everything from hip hop to EDM, uniquely encourages students to look inward and thoughtfully explore their own practice.

Why Participate?

Educate on the benefits and importance of yoga, self-care, and mindfulness.

Translate the tools of yoga for application into everyday lives.

Teach techniques to cope with traumas, help with self-esteem, stress, anger management, conflict, and more.

What We’ll Provide:

• Introductory yoga or meditation class (can be adapted)
• 200-hour certified yoga teacher
• Yoga mats & towels
• Custom Y7 shirts for students

For more info, contact freedomtoflow@y7-studio.com