

Sculpt with Yue

Yoga sculpt is a combination between yoga and muscle. You'll incorporate weights with yoga.

You will see benefits in:

- Balance
- Flexibility
- Strength
- Cardio

Savy is a strong, confident yoga sculpt teacher. When she took sculpt training she caught on immediately and understood the sequence, exercises and music. She is a smart, safe and super fun teacher! She brings energy and challenge and success to everyone! –Wendy Sigel, CorePower Yoga Sculpt teacher

