

Hatha Yoga with Cathie Caccia

at All Things Sacred



Mondays and Wednesdays

8:45 - 10:00am

All Levels Hatha

Thursdays

3:30-4:30pm

Yin Yoga

Cathie Caccia has been teaching Yoga since 1987. Her classes combine asana, breath, chanting and deep relaxation to help her students awaken to their most essential nature. Cathie is a Yoga Alliance registered teacher at the E-RYT 500 level and a Shiatsu and Massage therapist.

Fee for all classes is donation



All Things Sacred
in the Galleria Building
351 Leadville Avenue North

208.721.0767