



IN THE HEAT OF

LOVE

75 MINUTE BHAKTI INSPIRED HOT
VINYASA FLOW WITH MATTHEW DWYER
MONDAYS AT 6:00PM
STARTING 7/22/19

Want to know a little about Matt Dwyer?



As he says himself the following things brought him to yoga; "Motorcycles, Heavy Metal, and the Heart" .. as well as "Wanting to Serve and love everyone"... With thousands of teaching hours both in the US and abroad Matthew is well seasoned in many paths of yoga and without a question of a doubt lives it. He has done much devotional work and practice in Bhakti yoga (the yoga of love and devotion) and brings that element into his Asana classes as well.

His favorite pose is Arda Chandrasana and when he's not doing his practice he enjoys time with his super cute companion Dracula the dog, Chanting, coffee, comedy, and cooking. We are thrilled to welcome him to the studio not only for this new class but also for future Kirtan along side some friends as well as possibly some other Bhakti inspired events.

