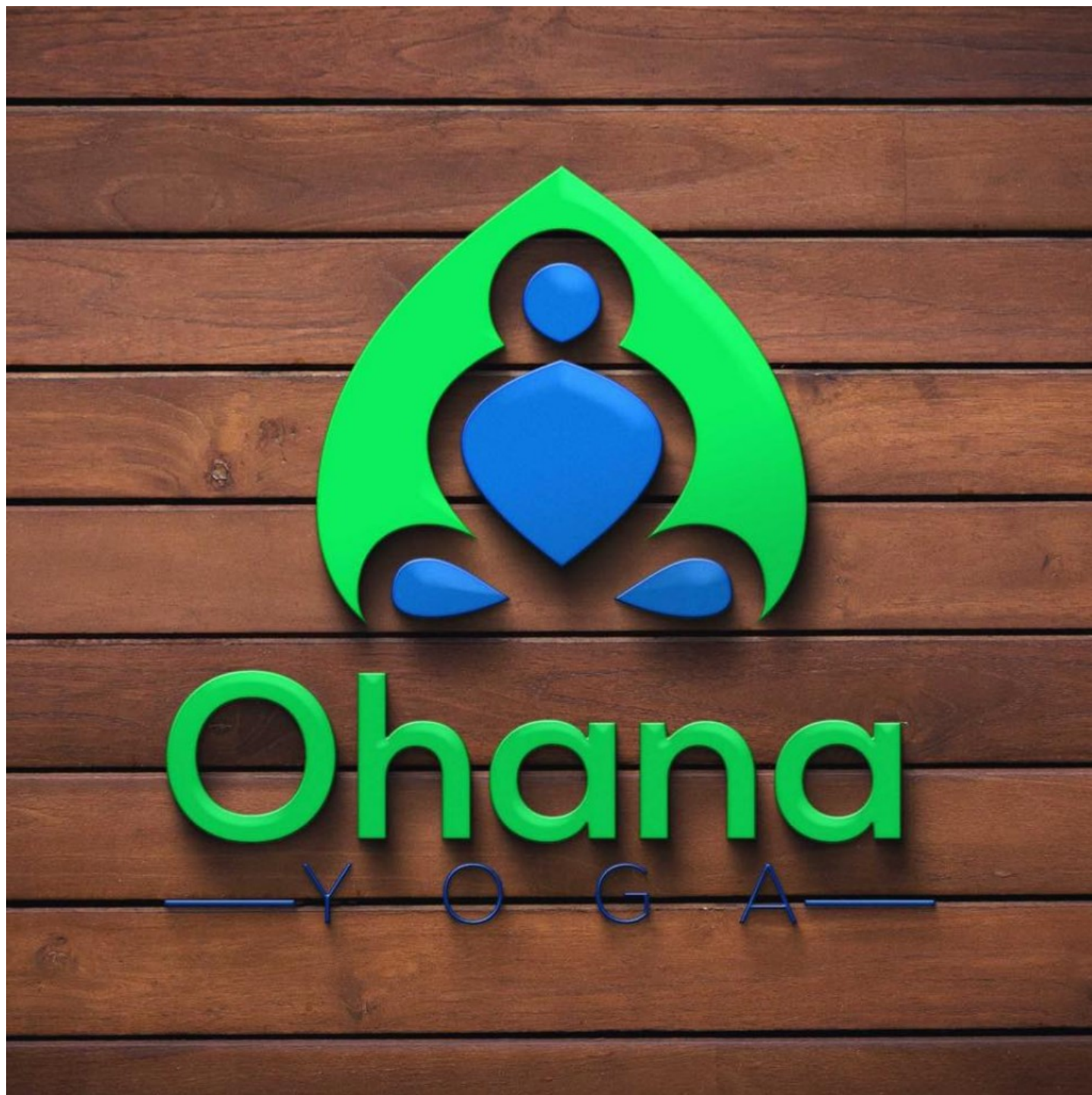


Ohana Yoga Sacramento Grand Opening

Classes begin September 16, 2019



Sacramento, Sep 6, 2019 (Issuewire.com) - [Ohana Yoga Sacramento](#) is excited to announce its Grand Opening Event on September 14, 2019, from 3 p.m. to 7 p.m. Everyone is invited to where you can meet your new family in the East Sacramento Area. There will be music, treats for adults and kids, games and lots of cheer! Yoga classes officially begin Monday, September 16th!

Are you intimidated by yoga studios or feel you have to be a certain "type"? Do you feel lonely while

attending a class? At Ohana Yoga, you are family.

We are building a community where the entire family can have fun, play, laugh, sweat, relax and be themselves through yoga. We are not your traditional yoga studio. Our classes are engaging, interactive, challenging, mindful and fun.

For our adults: come work up a sweat or let yourself take a break from the day. For our kids: come play games, dance and engage in stories. For our families: come bond and laugh. All while doing yoga.

Gary Austin is the Owner of [Ohana Yoga Sacramento](https://ohanayogasac.com/), a Certified Yoga Trainer, and a Trained Kid's Yoga Instructor through the Yoga Alliance. He has been practising and teaching yoga for over 10 years. His love for yoga and helping others shines through in everything he does. He has raised 2 wonderful children to adulthood and is currently learning from his youngest son every day.

In his children's classes, he has a passion for giving children and families lifetime moments in every class. He fuses playfulness and mindfulness with meditation to create engaging classes where being active is fun and laughter is required.

In Gary's adult practices, you will experience his humour in challenging yet supportive classes. His generosity allows others to rise to their highest potential. He facilitates a supportive and loving yoga environment and that love is translated into every class.

For more information about classes, please visit <https://ohanayogasac.com/>

"The mission of [Ohana Yoga Sacramento](https://ohanayogasac.com/) is to give love in everything we do. We genuinely love and care for every person we teach. Love for people's health, learning, betterment, and joy will drive our success. We recognize that every person is special, individual and full of love to share. We celebrate with loved every persons, family and child's accomplishments and nurture through love their potential."



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Source : Ohana Yoga Sacramento

See on IssueWire : <https://www.issuewire.com/ohana-yoga-sacramento-grand-opening-1643941070996410>