

FIND YOUR BREATH.  
FIND YOUR BODY.  
FIND YOUR HEART.

Strengthen your body  
and restore your mind  
with Yoga.

LEARN MORE



LILLY TOBIN YOGA  
YOGA & MEDITATION

20% off Yoga classes in June!  
Click here for more info



Vinyasa Flow



Stretch



Meditation

Lilly has been practicing yoga since 2005 and received her 200 hour Teaching Training Certificate from New York Yoga. After class you'll leave your mat in better spirits than you arrived, invigorated to tackle any task ahead of you with balance, a strong core and an open heart.

STREAM NOW

"After a class with Lilly I feel calm, centered and grounded. I have gained physical strength & balance...I feel younger because I am moving with ease and fluidity!"

— B.P Mental Health Therapist, Vermont

## Contact

Please fill out the form below to send us an email.

Please include your name, email, and the best time to contact you and we will get back to you within 24 hours.

E-mail:  
Lilly@Lillytobinyoga.com

NAME

E-MAIL

SUBJECT

MESSAGE

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