

THERESE BAILEY
CERTIFIED YOGA TRAINER

CONFIDENCE

FLEXIBILITY

STRENGTH

BALANCE

ZENZEN YOGA



5261 N. PORT WASHINGTON RD.,
GLENDALE, WI 53217

414-332-6001

There is most passionate about connecting with and inspiring individuals to ask challenging questions of themselves and others that open the way to a good-feeling body experience.

Yoga Alliance Registered Instructor

ZenZen Yoga Classes & Workshops:

- Yoga for Golfers
- Yoga Strength & Stretch
- Yoga Ignited
- Tensegrity Yoga
- Yogalates
- ZenZen Yoga Level I & II

ZenZen Yoga Level I & II
Tuesdays, Wednesdays
6:30p - 7:30p
Goodyear Chiropractic
Health Center
414-332-6001

Relax...destress...tone...overall "good-feeling"