

# HATHA FLOW *and* MEDITATION

*with Priya*

THURSDAY 6:30 P.M.



*Experience the Flow...*

Each yoga sequence utilizes the breath with the movements of our body and connects us to our inner stillness.

Stretch and strengthen the body, and calm the mind.

An energetic and uplifting class that helps to create balance, reduce stress and generate a feeling of overall wellness.

Learn breath techniques and meditation practices to help relax and create a deeper awareness.

All Levels Welcome!



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