

R&B YOGA NIGHT

Good Music.
Good Energy.
Good Vibes.



♡ Relax • Release • Reset ♡



WEDNESDAY
JULY 1, 2026



6:30PM – 8:00PM



3 WINSTON AVE, UNIT 2
WILMINGTON, DE 19804



FLOW TO SMOOTH
R&B CLASSICS



GENTLE YOGA & STRETCHING



MEDITATION & MINDFULNESS



STRESS RELIEF & RELAXATION



POSITIVE ENERGY & COMMUNITY



Bring: ♡

- ♡ YOGA MAT
- ♡ WATER BOTTLE
- ♡ COMFORTABLE CLOTHING
- ♡ GOOD VIBES



Move. Breathe. Flow.

HOSTED BY:
I AM ART N MOTION

3 WINSTON AVE, UNIT 2
WILMINGTON, DE 19804

www.iamartnmotion.com

302-894-8415



Let the music set you free. ♡