

♡ MOVE YOUR BODY. FREE YOUR MIND. FEED YOUR SOUL. ♡

R&B

YOGA

NIGHT

Good Music.
Good Energy.
Good Vibes.



♡ Relax • Release • Reset ♡



THURSDAY
JUNE 18, 2026



7:00PM – 8:30PM



3 WINSTON AVE, UNIT 2
WILMINGTON, DE 19804

ADMISSION
\$35
PER PERSON



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

HOSTED BY:

I AM ART N MOTION



3 WINSTON AVE, UNIT 2
WILMINGTON, DE 19804



www.iamartnmotion.com



302-894-8415



Move. Breathe. Flow. Let the music set you free. ♡

