

Relax and Improve Health -

Gentle Flow & YIN Stretch Yoga

What is Gentle Flow & YIN Stretch?

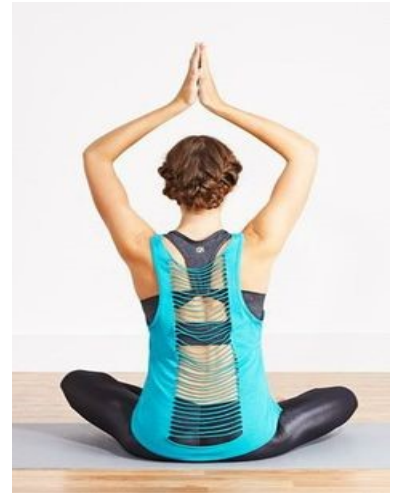
Join Judy for a slow flow sequence where poses are gentle yet challenging. Then enjoy a natural transition to a calming deep stretch practice emphasizing stillness opening up the mind and body. Beginner friendly!!

What will this class be like?

This is a 4 - week yoga series in a self affirming & non judgmental environment appropriate for all shapes and sizes. Class size limited to 6.

When do classes start?

Mondays, Oct 2- Oct 23- 5:30-6:30 pm



“Harness your Inner
Yogi”

Cost: \$25/ 4- week
program

Instructor:
Judy Fischer

RD, LDN, CDE, RYT-200

Register In Advance

Sign up 704-846-7105

Space Limited

