

Instructor:
Molly Kranovich
of LUMI Studio

The Weekly Wind Down:

Friday, February 10th

A blend of slow flow yoga, restorative movement, and gentle stretching to destress mind and body.

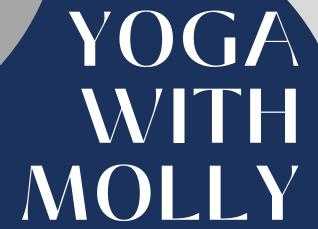


Happy Hour Yoga:

Thursday, February 23rd

Yoga flow linking breath, movement, posture, and relaxation.

Classes 5:15-6:00pm All Levels Welcome! Bring your own mat.



at The Exchange at 44 Vail 44 S. Vail Ave. Arlington Heights, IL 60005

SIGN UP NOW

