



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.



YOGA WITH MOLLY

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

SIGN UP NOW

