

*FREE FLOW with us on Sundays*

*from 9-10 a.m.*

*This class is FREE. Period.*



*Come together Sunday mornings to express your freedom in your practice and bring a friend! Minimal instruction will be offered. The instructor will teach a basic flow from her mat.*

*We could all use a little strengthening, a little stretching, and a little balancing out in our checkbooks as well as our lives!*

*Let go... with the FREE FLOW*

*at*

