

Vinyasa Flow & Restorative

Wednesday's 6-7 p.m.



Expect to move with your breath and focus your attention; this well balanced flow class will get you out of your head and into your body and your breath; modifications always welcome. Restorative Yoga incorporates relaxation and stillness with its amazing benefits for body, mind and soul.

COST: \$15 drop in class \$56 Discounted Price (4 classes in November)

(No class 11/22)

RESERVE YOUR SPOT TODAY! Limited Space Call 480-447-4968

Fitness with Susan, LLC, 2017, Independent Contractor

Classes held at: 86 N Valentine Street, Wickenburg, AZ 85390 480-447-4968, AtTheCenterOfYou.com