

Vinyasa Flow & Restorative

Wednesday's 6-7 p.m.

YOGA FLOW



This class is for the creative type who loves to move and be challenged. Playful yet well-rounded and powerful, this class is suited for people with a solid foundation of basic yoga poses. However, modifications will be given to individualize your practice by establishing your own degree of intensity. Expect a moderate to fast paced class with music, a good warm up, sun salutations, standing poses, arm balances, backbends, seated poses, core work, inversions, and deep relaxation. Class includes Aromatherapy.

- \$56 / 4-week class
- Level: All levels class
- Limited space – Reserve your spot today
- Call 480-447-4968
- Certified Yoga Instructor ~ Susan Hunter E-RYT 500
- Yoga Alliance Certified
- Certified AromaTherapist

Yoga with Susan, LLC, in conjunction with At the Center of You, LLC, 2018

