

Vinyasa Flow & Restorative with Aromatherapy

Tuesday's 4:30-5:30 P.M.



Expect to move with your breath and focus your attention. This well-balanced flow class focuses on alignment and will get you out of your head and into your body and your breath. Modifications are always offered. Restorative Yoga incorporates relaxation and stillness with its amazing benefits for body, mind and soul.

COST: \$20 Drop-in, or \$60 for 4-week class, Discounted Price

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

Fitness with Susan, LLC, 2020, Independent Contractor

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