

Slow-Flow Vinyassa Yoga Class

This movement based vinyasa slow-flow class offers a creative and unique sequence of poses that flow together through breath. This Vinyasa class is richly infused with classical yoga teaching, pranayama and meditation to tame our wild mind and open our heart.

All Levels Welcome! Especially New Yogis!

Saturdays, Jan. 15th, 22nd, 29th, Feb, 5th, 12th, 19th & 26th

Location—House of Yin, 607 Main St., Huron

Time : 2:00 p.m—3:00 p.m.

Cost: 6 weeks for \$50.00

(I added an extra week in case you have to miss a class)

Drop-in fee: \$10.00

Space is Limited—Register Now!

Contact Lisa Hartnett @ 419-621-7376 or 419-656-4945

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