



camdenwellness.org



Camden Wellness



What: (All)
Bliss Yoga
Flow

Cost:
Drop-in: \$15
10 Pack: \$120



When: Tuesday/Thursday
9:00 – 10:00 AM

Class Description/Information:

This gentle, calming class includes breath work, gentle flowing movements, passive and supported poses and a light-to-medium-level workout. This is a perfect beginner's class that is also appropriate for those healing injuries, managing illness, with limited mobility or for those who just prefer a softer, gentler approach to yoga.



Where:
1029 Broad Street
Camden, SC 29020



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