



camdenwellness.org



# Camden Wellness



**What:(All)**

Yoga  
Flow

**Cost:**

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



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

## ***Class Description/Information:***

Taught by a psychotherapist and lifetime yogi who has incorporated movement into her life/work practice. Yoga flow pauses to hold the postures and feel the balancing, grounding effects of daily practice.

This flowing, building class includes breath work, gentle movements, asana, and a light-to-medium-level workout. This is a class that is appropriate for all--those who are beginners or intermediate who want to increase strength and wellness.



**Where:**

1029 Broad Street  
Camden, SC 29020



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