



camdenwellness.org



# Camden Wellness

**Sunday:**

Closed

**Monday:**

Book Your Private Yoga Event/Session;  
Hot Stone, Lakeside, or Paddleboard

**Tuesday:**

9:00 AM Bliss Yoga Flow – *Lisa*

5:30 PM Tai Chi Chuan – *Allen*

6:30 PM All Levels Yoga – *Martha*

**Wednesday:**

5:30 PM Peak Yoga Flow – *Lisa*

**Thursday:**

9:00 AM Kundalini Yoga – *Lisa*

**Friday:**

Book Your Private Yoga Event/Session;  
Hot Stone, Lakeside, or Paddleboard

**Saturday:**

9:30 AM Yoga for the Soul – *Laura*

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Email [jillian@camdenwellness.org](mailto:jillian@camdenwellness.org) for details

1029 Broad St  
Camden, SC 29020

**CLASS CALENDAR**