



camdenwellness.org



# Camden Wellness

## Sunday:

**4:00 PM** Meditative Movement – *Mindy*

## Tuesday:

**9:00 AM** Bliss Yoga Flow – *Lisa*

**5:30 PM** Tai Chi Chuan – *Allen (Resumes 8 Jan)*

**6:30 PM** All Levels Yoga – *Martha*

## Wednesday:

**5:30 PM** Peak Yoga Flow – *Lisa*

## Thursday:

**9:00 AM** Bliss Yoga Flow – *Lisa*

## Friday:

**9:00 AM** Bliss Yoga Flow – *Mindy*

## Saturday:

**9:30 AM** Weekend Yoga – *Laura*

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## Special Event Schedule

**\*\*Hot Stone Yoga—1<sup>st</sup> Monday\*\***

**7 Jan, 4 Feb, 4 Mar, 1 Apr, 6 May**

**5:00 – 6:30 PM – *Heather & Jillian***

**\*\*9 Dec—Restorative Yoga/Essential Oils\*\***

**4:00 – 5:30 PM – *Laura***