



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*

6:30 PM All Levels Yoga – *Martha*

Wednesday:

5:30 PM Peak Yoga Flow – *Lisa*

Thursday:

9:00 AM Kundalini Yoga – *Lisa*

Friday:

9:00 AM Meditative Movement – *Mindy*

Saturday:

9:30 AM Weekend Yoga – *Laura*

Special Event Schedule

****Hot Stone Yoga—1st Monday****

4 Mar, 1 Apr, 6 May

5:00 – 6:30 PM – *Heather & Jillian*

1029 Broad St
Camden, SC 29020

CLASS CALENDAR