



camdenwellness.org



Camden Wellness



What: (All)

Hot Stone Yoga

Free T-shirt w/5 Pack

Cost:

Drop-in: \$25

5 Pack: \$100

When: *Jan 7/Feb 4/Mar 4/Apr 1/May 6*

1st Monday 5:00 – 6:30 PM

Class Description/Information:

Come experience the restorative benefits of hot stone yoga. Fusing hot stone massage and restorative yoga poses, hot stone yoga offers a unique experience unlike no other. Afterwards, one will feel the benefits of both yoga and massage creating the relaxation and Zen one needs for a great night of sleep. You will have the benefit of multiple yoga instructors leading the class with their combined knowledge of fitness, yoga, and ways to calm down the automatic nervous system through breath work and restorative poses. This class is for anybody who wants to increase balance and relaxation in their lives. Please ask about military/teacher discount pricing for this class.



Where:

*1029 Broad Street
Camden, SC 29020*



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