



camdenwellness.org



# Camden Wellness



**What: (All)**  
*Meditative  
Movement*

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



**When: (Starts Aug 5<sup>th</sup>)**  
*Sunday 4:00 – 5:00 PM*

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

An all level class focused on meditation in motion. Slow and mindful movements, allowing the student to stay connected to the body and thoughts; working towards becoming thoughtful movement. Lets move together towards a connected and present life.



**Where:**  
*1029 Broad Street  
Camden, SC 29020*



Arminda “Mindy” Flerx, RYT-200  
E-mail: [mindy@camdenwellness.org](mailto:mindy@camdenwellness.org)