



camdenwellness.org



Camden Wellness



What:
*(Mixed) Peak
Yoga Flow*

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



When:
Wednesday 5:30-6:30 PM

Class Description/Information:

Hop on this Wednesday Hump Day groovy train to make you feel uplifted, motivated and strong enough to get through the rest of the week! This is the perfect class to guide you through the mid-week slump with some solid breath work, balance challenges, cardio flows and sweet release and relaxation. We will finish with a restorative sav-AHHHH-sana so you leave feeling refreshed and inspired.



Where:
*1029 Broad Street
Camden, SC 29020*



Lisa Estelle Riente, E-RYT 500/C-IAYT

E-mail: lisa@camdenwellness.org