



camdenwellness.org



# Camden Wellness



**What:** (All)  
All Levels  
Yoga

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



**When:** \* **New time** \*  
Saturday 9:30 – 10:30 AM

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

All levels of Yoga practitioners are encouraged to attend this class. Even if you've never tried Yoga before, this is a class for you. Modifications are offered for beginners so they are successful in their new experiences with Yoga. At the same time, options are offered for more experienced Yogis who are ready to go deeper in their practice. Alignment cues are offered to help keep the body safe while going deeper into the poses. Every class incorporates mindful breathing; poses for strength, balance and flexibility; and includes restorative poses. Of course, class ends with Savasana, a time to allow your mind and body to let go of stress, and lift your spirit.



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



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