



camdenwellness.org



# Camden Wellness



## **What: (All)**

Yoga  
Nidra

## **Cost:**

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



**When: (Starts July 24<sup>th</sup>)**

Tuesday 12:00 – 1:00 PM

## **Class Description/Information:**

This light to medium workout can be chair assisted to include breath work, gentle movements, and supported postures. It is an all-level class which helps those heal from injury, manage stress, and adapts yoga to those with limited mobility. It includes a 30 minute Yoga Nidra.



## **Where:**

1029 Broad Street  
Camden, SC 29020



Jillian M. Thomas, LPC, NCC, RYT

E-mail: [jillian@camdenwellness.org](mailto:jillian@camdenwellness.org)