



Hatha YOGA



MONDAY 5:45pm

Sun & Moon Salutation



WEDNESDAY 5:45pm

Core Strength & Balance



some Wine Down **FRIDAYS 5:45pm**

Deep Stretch & Sip

SUPERHERO EFFECT™ = *Choosing* Life in the Right Brain

15 Class Pack Deal | \$25/class

\$375 | includes +1 guest option

Drop-In | \$40/class

\$13/ first time only | Promo Code **SAVE27**



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