

Yoga Flow

with *Lee Carlson*



Lee Carlson

MA, LBSW, RYT, &
Certified Yoga Training

Wednesday

12:05-12:55pm

Starts October 3rd

**\$95.00 per semester
for Wednesday class;
\$80 for second day of
Gentle Yoga on
Monday/Wednesday**

- Energetic movement
- Gentle stretches to warm up body
- Incorporate traditional yoga poses with Sun Salutation flows
- Begin each class with centering
- End each class with a guided relaxation

Students will feel energized, moving quickly enough for a light cardio workout and slowly enough to focus on therapeutic alignment in each segment of the flow.

Bring your own mat



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