

# Yoga SLOW FLOW

Life can be hard and Yoga can feel intimidating.

It is a lot easier to find reasons why we can't do something than it is to find the courage to say "Yes I can"

Join Cayla for a gentle beginner Hatha flow Yoga class. It will leave you feeling more aligned and in touch with yourself

This class is for the experienced and the beginner as well.



## YOGA SLOW FLOW

**WITH CAYLA STONE, CERTIFIED YOGA INSTRUCTOR**

Sunday's at Just dance & Fitness Studio

10:00 – 11:00 am

\$5 per person

Bring your mat and towel

For more information about this class and Cayla, please visit our website [justdance4fitness.com](http://justdance4fitness.com)