



SLOW FLOW YOGA

Fall II 2026 13 Classes 11/2 thru 12/16

Monday & Wednesday
7 - 8 pm - Graham Cafe
25555 Crocker

Learn stress-relieving techniques that will provide a deepened sense of well-being. Practice stretching to tone and strengthen the body. Use gentle, slow movements and focus on the body, mind, breathing and posture to improve circulation, flexibility and stamina. Enjoyable and beneficial for all fitness levels. Please bring yoga "sticky" mat and water to class.

Cost

13 Classes M & W \$110
Mon only \$60
Wed only \$50



586-783-6330

www.lc-ps.ce.eleyo.com