

| S | M | T | W | T | F | S |
|---|---|--|---|--|--|--|
| 9–10am Slow Flow 10:30–11:30am Flow 12–1pm* Donation Flow Workshops & Events July 21st 4:00–5:15pm Somatic Circle July 14th 5:00–6:30pm Sound Bath Meditation | 7:00–8:00am* Flow 9–10am Slow Flow 12–1pm Flow 6–7pm Flow 7:30–8:30pm Yin | 6:30–7:30am* Flow 9–10am Flow 10:30–11:30am Slow Flow 5:30–6:30pm Flow 7–8pm Slow Flow/Yin | 7:00–8:00am* Flow 9:00–10am Flow 12–1pm Flow/Yin 5:30–6:30pm Flow 7–8pm Slow Flow | 6:30–7:30am* Flow 9–10am Flow 10:30–11:30am Slow Flow 5:30–6:30pm Flow 7–8pm Yin | 7:00–8:00am* Flow 9–10am Flow 12–1pm Slow Flow 5–6pm Flow/Restore | 8:30–9:30am Flow 10–11am Slow Flow 11:30–12:30pm Flow/Restore Workshops & Events Check our website for upcoming workshops & events. |

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