

# Guided Yoga

This slow flow yoga class is a well-rounded practice that will help reduce stress by calming the mind and body, increase flexibility, and restore balance. All levels are welcome. Students will also learn well-being techniques and breathing practices to use on and off the mat.



7pm-8pm



Monday & Wednesdays



CRWC Multi Purpose Room



Bring a mat, water bottle, and comfortable clothing

## PRICING:

6 Class Pack:  
\$55

DROP IN:  
\$10