

# FLOW with ROSIE

*An Eclectic, Heart-Centered Yoga Practice*  
with Rosie Gonzalez, Certified Yoga Instructor



**Fridays**  
9:00 - 10:15 am  
Begins May 10th  
OSYC Class Fees Apply

*Rosie draws from the needs of the students in sequencing each unique yoga session. Rosie's Flow style is "eclectic" in nature with slow Yin -like poses & faster dynamic, strengthening poses for a spicy variety that keeps you coming back for more!*

Get the "Spaces " App for easy booking of your class

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