

# *SLOW FLOW*

with Melissa Graves, Certified Yoga Instructor



**Mondays 9:00 - 10:00 am**

**Begins June 3**

**OSYC Class Fees Apply**

In this slow vinyasa style Melissa encourages mental & physical resolve, a willingness to go deep, and audacity to go beyond your resistance.

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

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