

DYNAMIC FLOW YOGA

with MO LORD, Certified Yoga Instructor



Come **ENERGIZE** your body by connecting **YOGA POSES** in a sequence to build **STRENGTH**, improve **FLEXIBILITY**, while focusing on **BALANCE** to help **YOU REVITALIZE**.
JUST GO WITH IT...!

Classes are modified to meet each student's specific needs.
BEGINNERS ALWAYS WELCOME

FRIDAYS
10:30-11:30 am
Begins June 6
OSYC Class Fees Apply

OPEN SPACES YOGA CENTER

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